

BEST GUIDE FOR SKY & STREAMING

**MORE
CHANNELS
THAN ANY OTHER
TV MAG!**

8-14 FEBRUARY 2025

TV & Satellite week



LIVE

**IT'S THE
SUPER BOWL!**

Our guide to the big night



EXCLUSIVE

THE GORGE

Snipers battle
mysterious monsters



NEW

UNFORGOTTEN

The next chilling case...

VIRDEE

Move over Luther! Meet TV's
latest troubled detective

HotList This week's 28

Saturday 8



PREMIERE

Elevation

SCI-FI ACTION Prime Video

Anthony Mackie (above) stars in this post-apocalyptic thriller as a single father who needs to venture into the dangerous outside world to get vital medical supplies for his son. *See review, page 22*



PREMIERE

Turn Me On

COMEDY Sky Premiere, 7.45am & 6.10pm

In a world where a compulsory pill removes emotions, a couple decide to skip their dose and discover new feelings – but can they handle the experience? Nick Robinson and Bel Powley star.



LIVE!

FA Cup Fourth Round

FOOTBALL BBC1 & ITV4

Can League One's Leyton Orient pull off a shock result against Manchester City (12.15pm, BBC1)? Also today, Birmingham City host Newcastle (5.45pm, BBC1), before Brighton face Chelsea (8pm, ITV4).



LIVE!

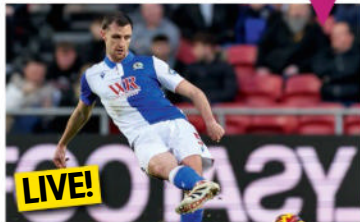
Six Nations

RUGBY UNION ITV1 & S4C, from 1.30pm

The second round of the championship kicks off with Italy taking on Wales in Rome (k-o 2.15pm, ITV1 & S4C), before England host France at Twickenham in Le Crunch (k-o 4.45pm, ITV1).

■ Full listings start on p35

Sunday 9



LIVE!

FA Cup Fourth Round

FOOTBALL BBC iPlayer, ITV1 & BBC1

Another busy day of cup action sees Blackburn Rovers v Wolves (k-o 12.30pm, BBC iPlayer), Plymouth Argyle v Liverpool (k-o 3pm, ITV1) and Aston Villa v Tottenham Hotspur (k-o 5.35pm, BBC1).



NEW

EDITOR'S CHOICE

Unforgotten

CRIME DRAMA ITV1, 9pm (box set, ITVX)

DI Sunny Khan (Sanjeev Bhaskar) and DCI Jess James (Sinéad Keenan) look into the grim case of a dismembered body discovered in marshland. Continues tomorrow. *See feature, page 8*



NEW

Big Boys

COMEDY C4, 10pm & 10.30pm

It's Jack and Danny's final year at uni as the sitcom returns, but first there's a four-night holiday in Faliraki to contend with... *See feature, page 12*



LIVE!

Super Bowl LIX

AMERICAN FOOTBALL ITV1, Sky Sports, Sky Showcase & DAZN, kick-off 11.30pm

Kansas City Chiefs could become the first side to win three successive Super Bowls, but 2023 opponents Philadelphia Eagles are set on revenge. *See Sport Week, p28*

■ Full listings start on p45

Monday 10



NEW

Antiques Road Trip

FACTUAL BBC1, 3.45pm

Philip Serrell and Natasha Raskin Sharp (above) begin the latest treasure-hunting journey around the country in Scotland, where they find some West German kitchenalia. Continues all week.



NEW

Robson Green's Weekend Escapes

TRAVEL BBC2, 6.30pm

(box set, BBC iPlayer) The actor takes more pals on outdoorsy breaks, starting with his Grantchester co-star Kacey Ainsworth. Continues daily.



NEW

EDITOR'S CHOICE

Virdee

CRIME DRAMA BBC1, 9pm

(box set, BBC iPlayer) Troubled detective Harry Virdee (Staz Nair, above) is determined to track down a killer targetting the Asian community, in this six-part crime thriller. *See feature, p4*



NEW

At Home with Katherine Ryan

FACTUAL U&W, 9pm (box set, U)

The comedian invites cameras back into her home with life set to get even more hectic as she prepares for a 10-month tour, leaving husband Bobby in charge.

■ Full listings start on p55

Tuesday 11



NEW

Sort Your Life Out with Stacey Solomon

FACTUAL BBC1, 8pm

The star (above) and her amazing team are back to help more families clean up their homes, decluttering, upcycling and recycling their way to a new lifestyle.



LIVE!

FA Cup Fourth Round

FOOTBALL ITV1, kick-off 8pm

League One's Exeter City host Nottingham Forest in the round's final tie. The Grecians haven't made it this far since 1981, when eventual champions Spurs knocked them out in the quarter-finals.



NEW

Waterloo Road

DRAMA BBC1, 9pm (box set, BBC iPlayer)

A new head teacher, Dame Stella Drake (Lindsey Coulson), is brought in to bring the 'murder school' back from the brink, and she seeks help from a familiar face as the series returns. *See feature, page 11*



NEW

26.2 to Life: Storyville

DOCUMENTARY BBC4, 10pm

This film looks at the 1,000 Mile Club at California's San Quentin prison, where every year since 2008 inmates run 105 laps around the prison yard in an effort to be defined by more than their crimes.

■ Full listings start on p65

best shows

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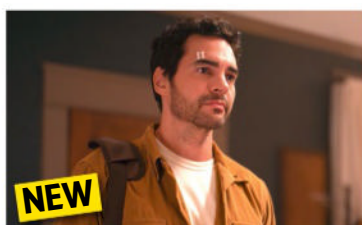
Wednesday 12



Harlem Ice

DOCUMENTARY Disney+

Five-part documentary series following a group of young Black figure skaters from Harlem, who are breaking the ice ceiling and finding their feet on the global stage as girls of colour in the ice-dancing world.



Will Trent

CRIME DRAMA Disney+

As the third season begins, former special agent Will Trent (Ramón Rodríguez) is working as a private eye in Tennessee. Can assistant DA Marion Alba (Gina Rodriguez) help with his latest case?



Premier League

FOOTBALL TNT Sports 1, kick-off 7.30pm

Liverpool make the short trip to Goodison Park for tonight's Merseyside derby against Everton. The Toffees will be hoping to steal some points from the current league leaders.



The Equalizer

DRAMA Sky Witness, 9pm

As the vigilante drama returns, Robyn McCall's (Queen Latifah) first task is to help two siblings who are in trouble after stealing a truck full of firearms. Meanwhile, Mel is struggling to cope after her ordeal.

Full listings start on p75

Thursday 13



My Fault: London

DRAMA Prime Video

In an adaptation of the Spanish drama *Culpa Mia*, Noah (Asha Banks, above) develops a complicated relationship with her new stepbrother, Nick (Matthew Broome). See *Your Watchlist*, page 17



Cobra Kai

DRAMA Netflix

The last five episodes of the sixth and final season of *The Karate Kid* spin-off land on Netflix today. After the tragic end to the Sekai Taikai, both Miyagi-Do and Cobra Kai face an uncertain future.



Tales from the Riverbank

FACTUAL Channel 5, 8pm

Clare Balding (above) investigates six of Britain's rivers – starting this week with the River Severn – to learn about their culture, history, wildlife and local delicacies. See *Documentaries*, page 20



James May's Great Explorers

DOCUMENTARY Channel 5, 9pm

The broadcaster (above) charts the journeys of intrepid explorers who sailed into the unknown, starting with Christopher Columbus. See *Documentaries*, page 21

Full listings start on p85

Friday 14



EDITOR'S CHOICE

The Gorge

HORROR Apple TV+

Miles Teller and Anya Taylor-Joy star in this heart-stopping thriller as two snipers assigned to watchtowers on opposite sides of a gorge that appears to be the gateway to Hell. See *feature*, page 6



Yellowjackets

THRILLER Paramount+

The psychological thriller returns, with the survivors on the island having battled to get through the harsh winter. Meanwhile, 25 years on, events from the past are still far from over. See *Your Watchlist*, page 14



The Garfield Movie

ANIMATION Sky Premiere,

9.35am & 4.05pm

Chris Pratt voices the lasagne-loving cat in this new adaptation. Garfield is reunited with his estranged father, Vic, voiced by Samuel L. Jackson. See *review*, page 23



Funboys

COMEDY BBC3, 10pm (box set, iPlayer)

Following the success of the one-off short in 2023, friends Lorcan, Callum and Jordan return for a four-part series, with the lads grappling with life in their Northern Ireland town. See *feature*, p12

Full listings start on p95



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Staz Nair stars as a cop who faces struggles on the street and at home in new BBC1 drama *Virdee*

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Macabre thrills in Apple TV+'s *The Gorge*, Lindsey Coulson joins *Waterloo Road*, cold-case drama *Unforgotten* returns, and there's a new series of comedy *Big Boys*

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Man of conflict

A troubled cop hunts a serial killer on the streets of Bradford

NEW CRIME DRAMA

Virdee

Monday, 9pm, BBC1
(box set, BBC iPlayer)

A serial killer is stalking the streets of Bradford in BBC1's new crime thriller, starring Staz Nair as embattled Sikh detective Harry Virdee.

Based on the novels by A.A. Dhand, the six-part drama follows Harry's struggle to stay on the right side of the law as he gets caught up in a drugs war, while, along with police colleagues Kalil Amin (Danyal Ismail) and boss Clare Conway (Elizabeth Berrington), he's also hunting a sadistic serial killer preying on the city's Asian community.

EMOTIONAL SAVANT

Already, the gritty series – with its spate of gory murders – has drawn comparisons with Idris Elba's hit crime drama, *Luther*.

'It's a wonderful compliment for people to say that,' says Nair, 33, whose TV credits include *Supergirl* and *Game of Thrones*. 'But *Luther* is a hero who lives within his world and you never really see his vulnerability. It's different with Harry. Empathy is his superpower and his curse – he feels everything.'

This week's opening episode begins with a thrilling chase as Harry hunts down a drug dealer and finds himself at the centre of a deadly turf war between rival gangs.



Amin, Conway and Virdee confer at a crime scene



Ghir and Nair play an estranged father and son

'Fans of thrillers will enjoy the show's Gotham-style underworld, which is filled with gangland politics, while there's also a serial killer on the loose who is systematically attacking Bradford's Asian community,' says Nair. 'There's a family aspect to the show too, where we ask what people will do for love.'

Harry has been disowned by his Sikh family for marrying a Muslim, Saima (Aysha Kala), with whom he has a five-year-old son, Aaron, and his father Ranjit (Kulvinder Ghir) has told him he is no longer welcome in his house.

Saima implores Harry to reach out to his father, but the reunion between them does not go as planned.

'Saima is Harry's safe space and his rock,' says Nair. 'But as his son Aaron gets older, his feeling of displacement starts to surface again and he struggles with his identity.'

The actor, who also starred in Star Wars spin-off movie *Rebel Moon*, says he relished bringing Harry's powerful storylines to the screen.

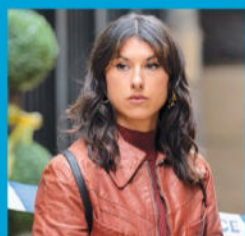
'It's always a privilege to take on a project like this,' he shares. 'Without going too much into my personal life, Harry's relationship with his father is very close to home, so some aspects of *Virdee* were tough. But the series is a beautiful blend of genres, and it's a real honour to be leading a drama about the Asian community.'



Saima Virdee

Aysha Kala

Harry's wife is desperate for their young son Aaron to know more about his father's family.



Tara Virdee

Nina Singh

Harry's journalist niece is interested in the growing turf war between the city's rival drug gangs.



Riaz Hyatt

Vikash Bhai

Harry's brother-in-law is the leader of a major Bradford drug operation, Will Harry's police colleagues find out?



Ranjit Virdee

Kulvinder Ghir

Harry's Sikh father disowned his son after he married a Muslim woman and started a family.



Jyoti Virdee

Sudha Bhuchar

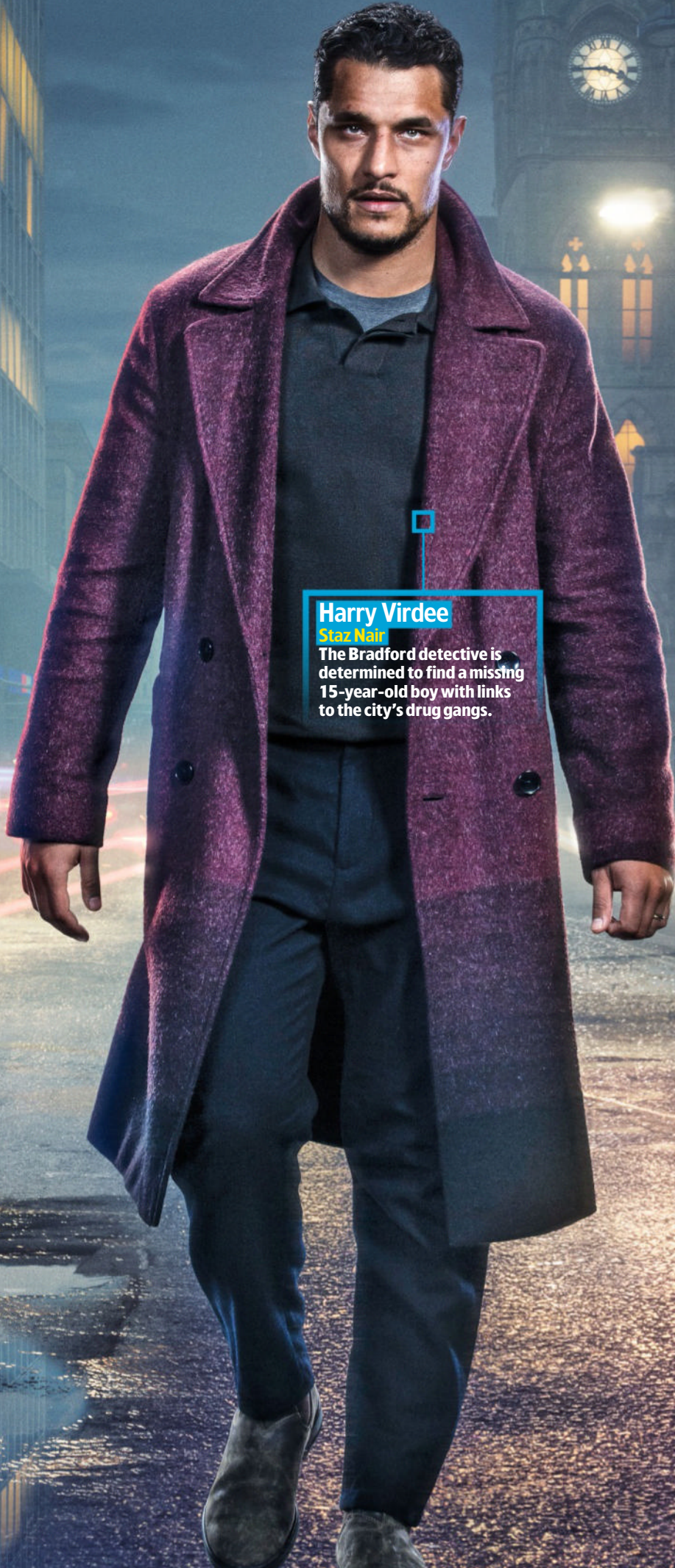
Ranjit's wife wishes her husband would relent and allow Harry and his wife Saima back into the fold.



DS Clare Conway

Elizabeth Berrington

Harry's boss suspects he sometimes bends the rules, but she has a soft spot for the detective.

A full-page photograph of actor Harry Virdee walking towards the camera on a city street at night. He is wearing a long, double-breasted purple coat over a dark grey polo shirt and dark trousers. The background shows a blurred city street with a clock tower in the distance and a pub sign that says "Br Fine".

Harry Virdee

Staz Nair

The Bradford detective is determined to find a missing 15-year-old boy with links to the city's drug gangs.

FROM GOTHAM TO YORKSHIRE

The BBC's release of *Virdee* is part of a year of celebrations to mark Bradford's role as the 2025 UK City of Culture – and the Beeb have enlisted one of Hollywood's most successful movie composers, Hans Zimmer, to create the title track for the series.

The two-time Oscar winner, who has composed iconic themes for *Gladiator*, *Pirates of the Caribbean*, *Dunkirk*, *Dune: Part One* and *Two* and *The Dark Knight*, heads up a composing team that includes young trainees from Screen Academy Bradford.

'Hans' support on the project has been an incredible opportunity for our young composers to learn from the best,' says Tracy Brabin, Mayor of West Yorkshire.



Depths of *despair*

Can highly trained snipers defeat mysterious monsters in a terrifying chasm?

NEW HORROR

The Gorge

From Friday 14 February, Apple TV+

When *The Queen's Gambit* star Anya Taylor-Joy was given the opportunity to star in big-budget movie *The Gorge* alongside Miles Teller, a surprisingly small part of the script sealed the deal.

'I wanted to dance with Miles,' she jokes. 'I've known Miles for a long time and I knew we'd have a good time making the movie. And I was keen on the dancing scene, of course.'

But don't be fooled into thinking that *The Gorge* is a feel-good song-and-dance movie. Filled with horror and suspense, the storyline follows elite snipers Drasa and Levi, who are selected for a top-secret mission in an undisclosed location.

Under instruction from a shadowy figure called Bartholomew (played by *Alien* star Sigourney Weaver), the snipers must take up positions atop towers on opposite sides of a vast, highly classified gorge. But their role isn't to stop people from entering the fog-filled wasteland – it's to prevent the mysterious monsters trapped within it from escaping and causing a cataclysmic disaster.



Stars Anya Taylor-Joy and Miles Teller

American sniper Levi and his Lithuanian counterpart Drasa are under strict instruction not to have any communication with each other or the outside world.

BREAKING BARRIERS

But as the months pass, they become intrigued by one another, and what starts out as a long-distance flirtation soon develops into real love.

'They start to fall for each other through their sniper scopes, which is a really interesting premise,' says Teller, 37, who has starred in the *Divergent* franchise and *Top Gun: Maverick*. 'Their love story is everything.'

Assassin Levi is struggling with his place in the world, and the violence that defines him, while playful Drasa, who also feels guilt over the direction her life has

taken, shows him what true love and acceptance looks like.

'Drasa is comfortable in her own skin,' says Taylor-Joy, 28. 'Because she's so light-hearted, she's able to bring Levi out of a dark place. She reminds him that there is light in the world. Their relationship feels really tender. I found it very believable how they fall in love and what they do for each other.'

'When I read the script, my heart just broke for Levi,' adds Teller. 'He felt like he was existing, somewhere in-between and out of place. So, I really wanted the connection that he forms with Drasa to be a light coming back into his life.'

Eventually, the smitten couple find a way to meet in person – and Drasa even persuades Levi to enjoy a dance with her – but then disaster strikes and Levi plummets into the gorge, where untold horrors lurk.



JD Sope Dirisu
Levi's predecessor has just finished manning the tower for a year and is keen to show him the ropes.

Instinctively, Drasa dives in after him and the pair must use their wits, training and love for one another to help them survive and stop the threat to humanity.

'It's a love story under tension – they get thrown into a living, breathing hell and they need to get out of that thing together,' says

Teller, who suffered his own real-life catastrophe shortly after speaking to *TV&Satellite Week* when his Pacific Palisades home was completely destroyed in the Los Angeles wildfires.

ACTION-PACKED

Filming *The Gorge* saw the actors take on all manner of stunts, from firing guns to parachute jumps, and even being dragged by a horse.

'When I first read the script, I was in the middle of shooting *Furiosa: A Mad Max Saga* and I was excited to keep the stunts going,' says Taylor-Joy. 'Every time we'd get to a new location I'd think, "Ooh, I'm excited to see what we are going to do here."'

But, just like their characters, when they did have time to relax, the actors loved nothing more than kicking back in Drasa's watchtower.

'I had music in my tower, I was baking cakes. I was having a blast,' laughs Taylor-Joy. 'Miles spent a lot of time in my tower. He would come over and say, "What? This is great. You've made it all homely!"'



Bartholomew
Sigourney Weaver
Bartholomew is a shadowy figure who hires Levi to protect the gorge from the monsters.



Levi

Miles Teller

Struggling with his past, the American sniper is considered expendable but Drasa gives him a reason to live.

Drasa

Anya Taylor-Joy

The Lithuanian is a trained assassin and charged with guarding the opposite side of the gorge.

**'Drasa reminds
Levi that there
is light in the
world – it feels
really tender'**

ANYA TAYLOR-JOY

Buried secrets

Detectives **Sunny and Jess** are back to investigate a gruesome marshland murder

NEW CRIME DRAMA

Unforgotten

Sunday & Monday, 9pm, ITV1
(box set, ITVX)

Tensions ran high in the last series of ITV1 crime drama *Unforgotten* as DI Sunil 'Sunny' Khan gained a new boss – straight-talking DCI Jess James – following the shock death of DCI Cassie Stuart.

The pair got off to a frosty start, but as the duo return this week, their working relationship is far more harmonious as they investigate a dismembered body that's found in bleak marshland.

As the six-part investigation unfolds, we meet four suspects – right-wing political commentator Melinda (MyAnna Buring), Afghan refugee Asif (Elham Ehsas), history lecturer Juliet (Victoria Hamilton), and Marty (Maximilian Fairley), an autistic young man who is caring for his disabled mother Dot (Michele Dotrice).

We caught up with Sanjeev Bhaskar, 61, and Sinéad Keenan, 47, who play Sunny and Jess, to hear more...

Guest stars Elham Ehsas, Victoria Hamilton and MyAnna Buring

What is the new case all about?

Keenan We find what appears to be a body part in Whitney Marsh. The pathologist very quickly surmises that it's fairly recent and when Sunny and Jess carry out a further search, we discover it's a man who has collected various enemies throughout his life. We filmed the marsh scenes on our first day and it was absolutely freezing. It was thermos flasks and hot-water bottles all round.

How are the dynamics between Sunny and Jess now?

Bhaskar They trust each other professionally now whereas before they saw each other as some kind of threat. They're in a much better place than they were in the last series.

Keenan They don't yet have the long-standing partnership that Sunny and Cassie had, but they've got their own little groove going on. They genuinely respect each other, so hopefully that continues.

What's going on in their personal lives?

Bhaskar There's something blossoming between Sunny and pathologist Leanne Balcombe [Georgia Mackenzie]. Sunny and Leanne were the last two people to see Cassie alive and that's a connection that we see them build on this series.

Keenan Jess is trying to make her marriage work. Her husband, Steve [Andrew Lancel], who she discovered during the last series had been having an affair with her sister Debbie [played by Keenan's real-life sibling, Gráinne], is back living at the family home and appears to be trying his best, but the shadow of his infidelity looms large.

Sinéad, how does it feel being back and what kind of response have you had from viewers?

Keenan Thankfully, the feedback for Series 5 was lovely which I was very relieved about. Everyone was so welcoming when I joined the show, but this time there was less nervous energy because I'd done it before.

Are you getting any better at working out who the killer is when you first get the scripts?

Bhaskar No! I didn't get it right this time and I didn't get it right last time. But that's what makes the drama so compelling. Each of the suspects' stories are so rich in details they could be a series on their own.

Keenan I can never work it out.

Sanjeev Bhaskar and
Sinéad Keenan as
Sunny and Jess



Nothing is ever black and white with writer Chris Lang's characters and stories.

What do you think sets *Unforgotten* apart from other detective dramas?

Bhaskar I think it's Chris' writing

and the empathy that he creates. *Unforgotten* is always about fairly regular people who have done a terrible thing. There's no crazy car chases or gun scenes. They're human stories which I think viewers can relate to more easily.

STORY
OF THE
WEEK

Soap Diary

This week's soaps at a glance



EMMERDALE

A big night out ends in icy horror..

» **Liam is desperate** to win the grand prize in Take a Vow's Valentine's raffle – a trip in a limousine – as he thinks it would be the perfect way to propose to Chas. When Kerry beats him to the jackpot, he hires a limo of his own, only to be thwarted once again when Kerry decides to use the limo for a girls' night out, which includes Chas.



Charity and Caleb get behind the wheels when the cars are dropped off without drivers.

It's chaos in the girls' car, while there's a frosty atmosphere in the boys' car, as Caleb has discovered that brother Cain slept with Ruby. With both drivers distracted, the two cars swerve off the road, and one of them crashes onto a frozen lake.

Which group is in danger?

The GP covers and announces he has hired his limo for the boys. But as both groups get dressed up to the nines, little do they realise tragedy lies ahead – an ominous flashforward scene shows an unknown hand in a lake, trapped below thick ice.

» **PLUS** Caleb plots revenge after uncovering Cain's betrayal, Joe's true colours are exposed, Leyla embarrasses Jacob, Moira's upset when her hair falls out, and Amy and Matty have a difficult meeting with a social worker.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Shona (right) makes a shock discovery, Rob puts his escape plan into action, Mason is laid to rest, Abi visits Dr. Gaddas, Gemma makes a new friend, and Kevin gets the test results for testicular cancer.



EASTENDERS

» Grant returns as Phil's depression hits rock bottom (right). Sonia makes a chilling discovery, Jack reveals his true feelings to Denise, Linda returns from rehab, and Ruby impresses Martin with a thoughtful gesture.





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Lindsey Coulson on joining *Waterloo Road* as its new no-nonsense head teacher

Talking TOUGH

NEW DRAMA

Waterloo Road

Tue, 9pm, BBC1 (box set, BBC iPlayer)

The last series of BBC1's *Waterloo Road* ended on an almighty cliffhanger as head teacher Steve Savage and his son, Billy, were arrested by police over the 'accidental' death of bully boy Boz – events which have resulted in the Manchester comprehensive being dubbed 'the murder school'.

As *Waterloo Road* throws open its gates for a new term this week, who's

got what it takes to repair its damaged reputation? Step forward Dame Stella Drake, ex-Ofsted director turned new head teacher, played by ex-*EastEnders* actor Lindsey Coulson.

LAST CHANCE

'Stella appealed to me as I'm very bossy and opinionated,' laughs Coulson, 64. 'She didn't expect to come back to teaching – she'd been at Ofsted for 15 years but was fired for being too outspoken after saying she felt some parents were too soft on their kids. This *Waterloo Road* job is a last chance saloon for her.'



Donte and Celine are reacquainted

Stella wastes no time showing the staff and pupils who's boss and it's clear she's going to keep her co-deputy heads Joe Casey (James Baxter) and Coral Walker (Rachel Leskovac) on their toes.

'Stella knows she's going to have to fight battles at *Waterloo Road* but she sees an opportunity to use her skill set again,' reveals Coulson. 'So she rolls up her sleeves and says: "Come on, let's see if we can turn this school around."'

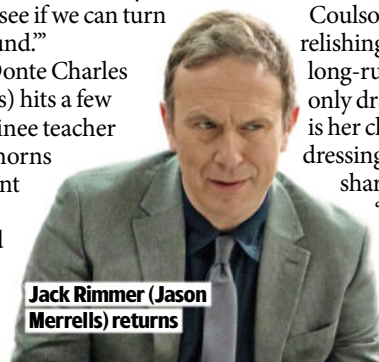
Elsewhere, Donte Charles (Adam Thomas) hits a few hurdles as a trainee teacher when he locks horns with new student Ashton (Cory McClane). And he gets a blast from the past when he meets

Ashton's mum, Celine (Zerionza Annika), who left *Waterloo Road* in 2008 as a pregnant teen.

TALL ORDER

Another familiar face returning is former head, Jack Rimmer, played by Jason Merrells. Resigning in Series 3 to become a head teacher in Dubai, Jack is now back at *Waterloo Road* as a counsellor.

Coulson, meanwhile, is relishing her debut on the long-running series. The only drawback, she says, is her character's power-dressing look of big hair, sharp suits and high heels. 'Stella's shoes have caused me problems because I don't wear high heels in real life!' she laughs.



Jack Rimmer (Jason Merrells) returns

You liked...

Schumacher on Netflix

The 2021 sports documentary charts the extraordinary career of German Formula One racing driver Michael Schumacher (right), who won seven world titles between 1994 and 2004. His family also talk movingly about the serious brain injury he suffered while skiing in 2013.



Now try this...

Hill on Sky Documentaries

This upcoming documentary profiles British Formula One champion Damon Hill (right), telling the inside story of his two world title wins as he followed in the footsteps of his father, F1 legend Graham, who died in a plane crash when Damon was a teenager. The film also reveals how he dealt with the death of his teammate Ayrton Senna.



Look Who's Back...

A familiar face appearing in a new role this week

Charlie Cooper

Am I Being Unreasonable?

Wednesday, 9.30pm, BBC1

Born in Gloucestershire, Charlie Cooper found fame with his sister Daisy May Cooper in the BAFTA-winning BBC mockumentary *This Country* as Cotswolds cousins Kurtan and Kerry Mucklowe. He's since starred in comedy drama *Stags* and presented *Charlie Cooper's Myth Country* about UK folk legends.

HIS NEW ROLE

This week, there's a family reunion when the actor guests in Daisy May Cooper's comedy drama *Am I Being Unreasonable?* As chaotic mum Nic is kicked out of the family home, Cooper stars as Jurgen, a Dutch IT worker who is the lodger of Nic's cleaner Viv. 'Charlie couldn't exactly say no when I asked him to be in it. We share the same agent and obviously the same mum too!' laughs Daisy May. 'I made Charlie wear a wig and glasses and speak with a Dutch accent, which he kept dropping because he wasn't very good at it. We ended up having to write that into the script to explain Jurgen's strange way of speaking.'



Charlie Cooper as Dutch IT worker Jurgen

TV WEEK

NEW COMEDY DRAMA

Big Boys

Sunday, 10pm & 10.30pm, C4 (box set, Channel 4)

As we head back to Brent University for the third and final season of hit comedy *Big Boys*, it's going to be a tricky year for Jack, Danny and the gang.

The hit series has followed gay student Jack (Dylan Llewellyn) and his straight best friend Danny (Jon Pointing) since they were freshers. Now, we find them in their third and final year as they begin thinking about their dissertations and life after graduation.

For Danny, who struggles with his mental health, such a big change feels somewhat overwhelming.

'The pressure really increases in the third year – leaving uni and deciding what you're going to do with your life. That's playing on his mind,' says *Plebs* star Pointing. 'Danny's been existing in this little bubble, and his life outside of that is tumultuous. He is still quite scrambled.'

Luckily, before the hard work sets in, Jack's cousin Shannon (Harriet Webb) wants to take family and friends to Greece – including Danny and girlfriend

Students **Danny and Jack** face new pressures in their final year

University challenged

Corinne (Izuka Hoyle) – after she won a bingo jackpot.

For Jack, the holiday seems like the perfect opportunity to finally lose his virginity, but his chances are scuppered when he burns to a crisp on his first day in the sun.

RED ALERT

'It wasn't fun putting that sunburn make-up on,' smiles *Derry Girls* actor Llewellyn. 'It took a good 40 minutes and each time I was dreading it. I think the make-up team were dreading it as well.'

However, his relationship with

Yemi (Olisa Odele) looks like it might finally move out of the friendship zone. 'Yemi was the first person Jack flirted with in the first episode of Series 1, so it's beautiful to see it come full circle,' teases Llewellyn.

But, as always, it's the relationship between best friends Jack and Danny that underpins the drama.

'The friendship is there, no matter their sexuality,' says Llewellyn. 'If people love each other, they love each other. It's so important that we're showing things like that on TV.'

Lee R. James, Ryan Dylan and Rian Lennon as Lorcan, Callum and Jordan



Three hapless friends find it hard to grow up...

NEW COMEDY

Funboys

Fri, 10pm, BBC3 (box set, BBC iPlayer)

Northern Ireland's TV industry is thriving, thanks to a string of acclaimed shows including *Derry Girls* and *Blue Lights*. And now, new fly on the wall-style comedy *Funboys* joins the ranks of original programmes filmed in the region.

The offbeat four-parter, which started as a BBC short in 2023, follows immature friends Callum (Ryan Dylan), Jordan (Rian Lennon) and Lorcan (Lee R. James), as the hapless 20-somethings try to navigate first girlfriends and unresolved emotional

**'If people
love each other,
they love
each other'**

DYLAN LLEWELLYN



The cast in Jack and Danny's student digs

issues in their humdrum rural home town, Ballymacnoose.

In the opening episode, the trio's love of innocent fun – playing video games, eating chicken dippers and consuming copious amounts of fizzy drinks – is threatened when interloper Gemma (Ele McKenzie) sets her sights on sheltered shop worker Callum before shifting her attentions to philosophical butcher Lorcan.

Cue ructions, rivalry, madcap reactions and a cringeworthy sexual encounter on a swan-shaped pedalo!

'Myself and Rian have known each other for about a decade and I went to school with Lee, so that's added to our characters and performances, for sure,' says Dylan, who co-writes the series with Lennon.

'Funboys grew from sketches we made together on

our YouTube channel SuperLemon,' adds Lennon, who also directs.

'It's about three guys who have a literal club dedicated to having wholesome fun, with an added layer of what happens if they run into the complications of life.'

Filmed on location with BAFTA-winning *This Country* producer, Simon Mayhew-Archer, the comedy's future escapades include Callum unleashing his inner bad boy and Lorcan processing the death of his beloved pet pig, Tiernan.

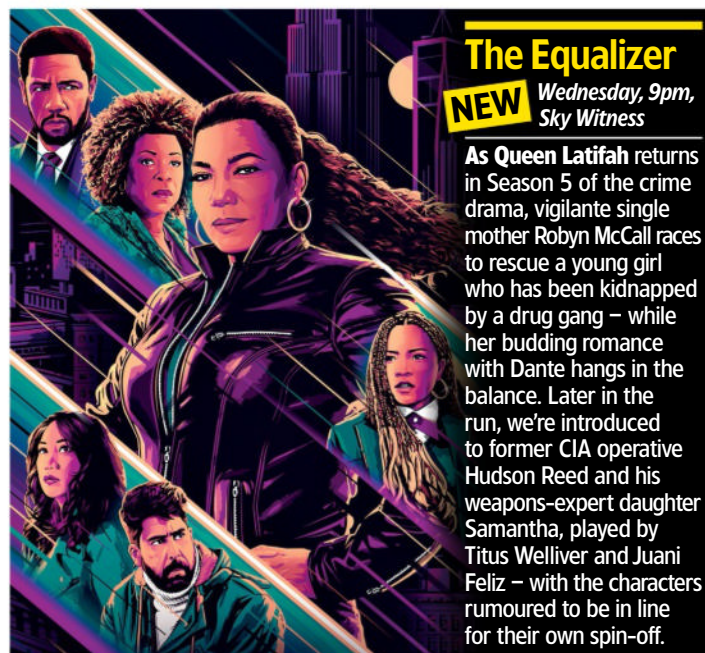
'It was important to us that we kept the series in Northern Ireland,' says Dylan. 'The characters you encounter in those smaller villages and towns are a well of untapped potential.'



Pedalo-no?

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



The Equalizer

NEW Wednesday, 9pm, Sky Witness

As **Queen Latifah** returns in Season 5 of the crime drama, vigilante single mother Robyn McCall races to rescue a young girl who has been kidnapped by a drug gang – while her budding romance with Dante hangs in the balance. Later in the run, we're introduced to former CIA operative Hudson Reed and his weapons-expert daughter Samantha, played by Titus Welliver and Juani Feliz – with the characters rumoured to be in line for their own spin-off.



Robson Green's Weekend Escapes

Mon-Fri, 6.30pm, BBC2 (box set, BBC iPlayer)

As the well-being travelogue returns, Robson Green is joined by *Grantchester* co-star Kacey Ainsworth to hike up Warden Hill near Hexham, before taking a chilly dip in the River Tyne. Later in the week, he tackles an assault course in North Yorkshire with boxer Nicola Adams and has a surfing lesson at Bamburgh beach with *Whitechapel* star Rupert Penry-Jones.

NEW



Nisha Katona's Home Kitchen

Saturday, 11.40am, ITV1

In this five-part cookery series, former *Great British Menu* judge Nisha Katona invites viewers to her smallholding in the Wirral as she creates tasty, 20-minute dishes from her rustic outdoor kitchen. First on the menu is Freddie Mercury's favourite curry, chicken dhansak, plus a green bean and mango dhal bunny chow.

NEW



A League of Their Own

Thursday, 9pm, Sky Max & Sky Showcase

Newcastle United forward Anthony Gordon (left) and TV chef Big Zuu join Romesh Ranganathan and the gang this week for more fun sport-based challenges. England international Gordon and Micah Richards battle it out in a giant game of ball-kicking noughts and crosses called Tic Tac Tony, while Zuu takes a tumble in a comical ice hockey challenge that leaves carnage in its wake.

WATCHLIST

YOUR

NETFLIX

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BBC
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Disney+

4

sky
box sets

NOW

Apple tv+



The WILD bunch

More lives are under threat as survival drama Yellowjackets returns

Paramount+ **Yellowjackets**

NEW Available: **Friday 14 February**
Genre: **Thriller** Season: **3**
Eps: **10 (first two eps from 14 Feb, then weekly)**

Love and lies are in the air as survival thriller *Yellowjackets* is back with a bloody vengeance when the first two of 10 new episodes arrive on Paramount+ on Valentine's Day.

In the 1990s-set timeline, the stranded all-girl soccer team have developed a taste for ritualised cannibalism in their fight for survival following their plane crash. But with their cabin having gone up in flames, how have they outlasted a harsh winter in the Canadian wilderness?

It's now summertime, and after building huts and mastering their hunting skills, the gang appear to be thriving. However, tension between Shauna (Sophie Nélisse) and Mari (Alexa Barajas) is causing

The fight for survival continues

problems for new leader Natalie (Sophie Thatcher). If food supplies dwindle, could one of them be next on the menu?

FACING THE PAST

In the present-day timeline, as the group reels from Natalie's accidental death at the hands of her best friend, Misty (Christina Ricci), secrets begin to resurface.

'Misty made another characteristically



Christina Ricci
as Misty

immature, impulsive and selfish choice where she was going to kill the person who was going to hurt her friend. Killing Natalie was a complete mistake,' says Ricci, who turns 45 on 12 February. 'But this season is going to be even more shocking and brutal, but there's also a lot of comedy.'

'The terrifying thing about Misty is that there are no rules, no boundaries and no moral compass that will prevent her from doing the unthinkable,' adds Ricci. 'It's

The best of **Netflix, Prime Video, Disney+** and more...



There are tensions in the teens' timeline

really liberating and fun to play.

Oscar-winner Hilary Swank and *Community* star Joel McHale join the cast for season three, while Elijah Wood returns as citizen detective Walter.

There's a rekindling of romance for the modern-day versions of Van and Taissa (Lauren Ambrose and Tawny Cypress), plus adult Shauna (Melanie Lynskey) has her hands full with daughter Callie (Sarah Desjardins) after coming clean about her murderous past.

'I don't think Shauna has ever had a normal, happy domesticated life,' says Lynskey, 47. 'She tries to appear as normal as possible, but she's not a maternal person and is full of resentment. However, there's a part of her that feels really understood when she's with these women.'



Hilary Swank joins the cast

+ What we're watching...

The shows being enjoyed by the TVSW team



NETFLIX Back in Action

Genre: **Action comedy**
Episodes: **One-off**

Cameron Diaz makes a welcome return to the screen after a 10-year absence as she and Jamie Foxx (left) play CIA spies who quit to have a family and live under the radar. But 15 years later, the couple's cover is blown and they are forced to dust off their top-notch espionage skills, much to the surprise of their two teenage kids. Glenn Close and Andrew Scott also feature in an entertaining action comedy with impressive high-octane scenes and a nice line in humour.



Unstoppable

Genre: **Drama** Eps: **One-off**

The inspirational true story of US wrestler Anthony Robles (Jharrel Jerome, right) who, despite being born with one leg, is determined to become a wrestling champion. Jennifer Lopez co-stars as Anthony's supportive mother Judy.



The Crow Girl

Genre: **Thriller**

Season: **1** Episodes: **6**

A Bristol detective (Eve Myles, pictured right with co-star Dougray Scott) and a psychiatrist (Katherine Kelly) track down a killer who is targeting young men in a stylish thriller based on Erik Axil Sund's novels.



+ Now in production...

Three upcoming shows to look out for soon



NETFLIX Run Away

Netflix's adaptation of Harlan Coben's novel will see James Nesbitt (above) play a dad whose life falls apart when his daughter vanishes and, as secrets emerge, he puts his family under threat to rescue her. Ruth Jones, Minnie Driver, and Alfred Enoch co-star.



Paramount+ Dexter: Resurrection

In Paramount+'s serial killer sequel, Uma Thurman (above) will play Charley, a former special forces operative who is now head of security for an enigmatic billionaire. But how will Charley cross paths with murderous Dexter Morgan (Michael C. Hall)?



prime Rise of the Empress

Gemma Chan (above), Viola Davis and Forest Whitaker will executive produce Prime Video's epic fantasy series, based on Julie C. Dao's novels, about a peasant girl who must try to save an ancient Asian empire on the verge of destruction.

WORDS: CAREN CLARK, JUDY EVANS, REBECCA MAHONEY. PHOTOS: GETTY, NETFLIX, PARAMOUNT+, PRIME VIDEO

Gina Rodriguez plays Marion



Legal EAGLE

Gina Rodriguez is a straight-talking district attorney as *Will Trent* returns



Will Trent

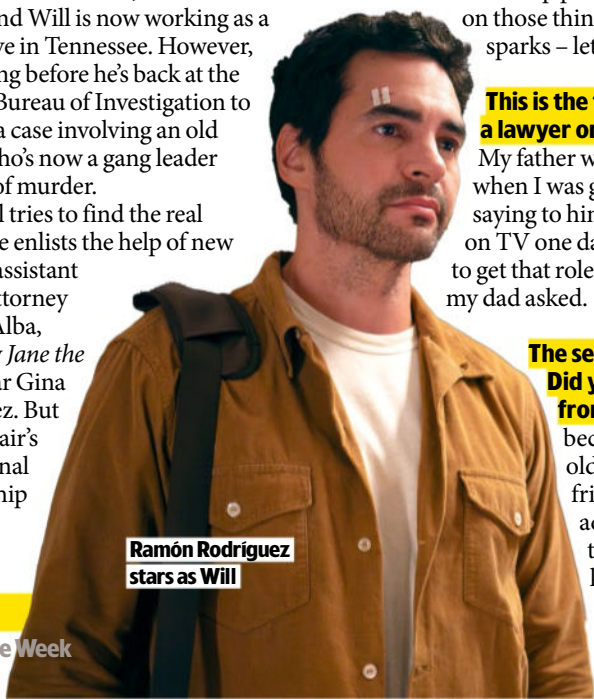
NEW Available: **Wednesday 12 February**
Genre: **Crime drama** Season: **3**
Episodes: **18 (released weekly)**

The last time we saw scrupulous special agent Will Trent (Ramón Rodríguez), the heartbroken crimefighter was leaving Atlanta after arresting his lover, homicide detective Angie (Erika Christensen), for tampering with evidence in a serial-killer case.

As the series returns, six months have passed, and Will is now working as a private eye in Tennessee. However, it's not long before he's back at the Georgia Bureau of Investigation to work on a case involving an old friend, who's now a gang leader accused of murder.

As Will tries to find the real culprit, he enlists the help of new Georgia assistant district attorney Marion Alba, played by *Jane the Virgin* star Gina Rodriguez. But will the pair's professional relationship lead to anything more?

Ramón Rodríguez stars as Will



Here, the 40-year-old star talks about joining the show...

What can you tell us about Marion?

She is very no-nonsense and knows what she wants. She's not afraid of putting herself in positions to help, but she doesn't let Will push her around.

Could she be a potential new love interest for Will?

Both are strong-headed, capable and like to help people, and they could vibe on those things. They definitely have sparks – let's see what evolves.

This is the first time you've played a lawyer on screen. How has it been?

My father wanted me to be a lawyer when I was growing up. I remember saying to him, 'Well, I'll play a lawyer on TV one day.' It's taken me 15 years to get that role, but I finally did what my dad asked.

The series is filmed in Atlanta. Did you find it difficult moving from LA?

It was an adjustment because my son is two years old. But Atlanta is family-friendly for sure, with the aquarium and the zoo, so that's been a gift we didn't know we were going to get.



The returning Oz cast

Harbour heroes

The task force is back for more risky missions



NCIS: Sydney

NEW Available: **Saturday 8 February** Genre: **Drama** Season: **2** Eps: **10 (released weekly)**

Set against the stunning backdrop of Sydney harbour, the second season of the action-packed spin-off drama returns this week as we catch up with American NCIS special agent Michelle Mackey (Olivia Swann) and her Australian federal police counterpart Sergeant Jim 'JD' Dempsey (Todd Lasance) as they investigate naval-related crimes and rising tensions in the Indo-Pacific region.

The debut season ended with a thrilling storyline for the multinational task force after JD's young son was kidnapped from his birthday party, setting off a chain of events that saw Defense Department attaché Colonel Rankin (Lewis Fitz-Gerald) implicated in the plot. Are there more twists and turns to come?

Meanwhile, what's in store for the slow-burn relationship between NCIS special agent DeShawn Jackson (Sean Sagar) and liaison officer Evie Cooper (Tuuli Narkle)? And will we learn more about Mackey's secret past?

As the first international version of NCIS, the series has been a big hit with fans of the franchise, with new spin-off *NCIS: Origins* released in the US last year.

'This is a universe that keeps expanding,' says showrunner Morgan O'Neill. 'Australia is the world's largest island and has the world's largest harbour, surrounded by a really contested patch of water that is the Indo-Pacific. So, as a location, Sydney is the perfect fit for the NCIS franchise.'



Lasance and Swann as JD and Michelle

Noah (Asha Banks) and
Nick (Matthew Broome)
get closer

Racing hearts

Asha Banks and Matthew Broome enter into a dangerous affair in an edgy teen romance

prime My Fault: London

NEW Available: **Thursday 13 February**
Genre: **Drama**

With a stack of sexy sports cars and a racy romance at its heart, this sultry tale of enemies-turned-lovers arrives just in time for Valentine's Day.

Following the success of *Culpa Mía*, the Spanish adaptation of the first book in Mercedes Ron's *Culpables* trilogy, this British remake sets the sizzling story of Noah (Asha Banks) and Nick (Matthew Broome) in London, where 18-year-old American Noah is forced to move to after her mother, Ella, falls for wealthy businessman William.

NEED FOR SPEED

After leaving her boyfriend behind in Florida, Noah receives a frosty welcome from her 'bad boy' stepbrother, Nick, who's less than thrilled with his expanding family. Nick busies himself with fast cars, partying and bare-knuckle fighting, but when he bonds with Noah



The film is set
in the world of
high-speed racing

over racing, the pair open up about their past trauma and sparks begin to fly.

A trip to Ibiza with friends cements their relationship – until Noah's dad Travis (Jason Flemyng), an ex-Formula One driver who was caught doping, is released from prison. Will Noah lose her new life and love forever?

'It's so exciting and thrilling, and there's more for fans of the original film as the London setting brings a lot to it,' says *A Good Girl's Guide to Murder* star Banks. 'It's such a fun story, and I love my character. She's so cool, smart, funny, and she's a racer and a surfer.

'Noah and Nick both misunderstand each other a lot when they first meet and they're not sure if it's hate or attraction. They feel this sense of adrenaline when they're with each other.'

For the film, Banks had to drive cars at top speeds, while Broome trained in mixed martial-arts and recalls one fight scene with rival racer Ronnie.

'It was like a dance we were doing together, but because you're surrounded by people screaming, you can't help but for it to feel real,' says Broome. 'I was terrified. But it's great entertainment and a wild journey of a film.'



EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



4 Brian and Maggie

A C4 drama about the explosive 1989 interview with journalist Brian Walden (Steve Coogan) shows Prime Minister Margaret Thatcher (Dame Harriet Walter) becoming rattled when she is questioned about a high-profile resignation.



BBC iPLAYER The Last Musician of Auschwitz

BBC2's powerful documentary sees cellist Anita Lasker-Wallfisch, 99, the only surviving member of the Auschwitz Women's Orchestra, share her memories of the Nazi death camp, liberated 80 years ago.



BBC iPLAYER The Apprentice

The BBC1 business contest is back and the budding entrepreneurs begin their quest to secure funding from Lord Sugar by heading to the Austrian Alps to flog tour packages. But their negotiation skills and sales tactics leave room for improvement.



BBC iPLAYER Death in Paradise

In the return of BBC1's Caribbean-set crime drama, DI Mervin Wilson (Don Gilet) is eager to escape Saint Marie and return to London. But on his way to the airport, he becomes intrigued by the death of a cyclist, as he senses not all is as it seems...

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TV&Satellite week

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+ Pick of the new releases

The best new shows to enjoy this week on streaming services...

NCIS: Sydney

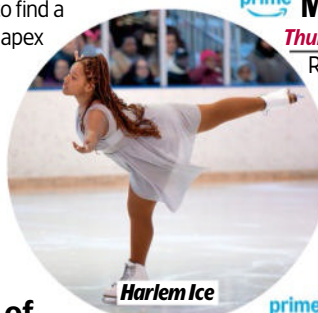
Saturday 8 February

Second season of the Australian-set spin-off series centring on a joint task force of NCIS agents and Australian Federal Police officers working on investigations involving US military personnel. Starring Olivia Swann and Todd Lasance. See feature, page 16.

Elevation

Saturday 8 February

Post-apocalyptic action. A single dad and two women venture from the safety of their homes to try to find a way to kill mysterious apex predators called Reapers who have exterminated most of humanity. Anthony Mackie, Morena Baccarin and Maddie Hasson star. See review, page 22.



Harlem Ice

The Case of Iwona Wieczorek

Monday 10 February

Polish true-crime docuseries. In the summer of 2010, 19-year-old Iwona Wieczorek disappeared on her way home from a party, just minutes from her house. The case has continued to intrigue the whole of Poland.

Muslim Matchmaker

Tuesday 11 February

Matchmakers Hoda Abraham and Yasmin Elhady help Muslim singletons in America find their lifelong partners while staying true to their faith by using the Rules of Three: three dates, three months and three hundred questions.

Harlem Ice

Wednesday 12 February

Docuseries about the coaches and girls of Figure Skating in Harlem as they

prepare for competitions, performances and a life-changing global experience. It also explores their experience of being girls of colour breaking the 'ice ceiling'.

Will Trent

Wednesday 12 February

The third season of the crime drama starring Ramón Rodríguez as a troubled special agent for the Georgia Bureau of Investigation. *Jane the Virgin*'s Gina Rodriguez joins the cast. See feature, page 16.

My Fault: London

Thursday 13 February

Romantic drama. Noah (Asha Banks) moves from America to London to live with her mother, her wealthy new stepfather and his bad-boy son Nick (Matthew Broome). See feature, page 17.

Broken Rage

Thursday 13 February

Japanese film which is divided into two parts. The first half is a gritty crime thriller about a hitman caught between the police and the Yakuza. The second half tells the same story using self-parody techniques.

R.I.P. Henry

Thursday 13 February

Norwegian drama from Walter Presents. Henry (Mads Ousdal), an excellent surgeon who doesn't like people, begins a secret battle to find a cure for his incurable brain tumour.

Cobra Kai

Thursday 13 February

The last five episodes of the sixth and final season of *The Karate Kid* spin-off starring Ralph Macchio, William Zabka and Martin Kove.



Honeymoon Crasher

Wednesday 12 February

French comedy film. When his fiancée dumps him at the altar for her ex, a young man is left with no alternative but to go on his honeymoon with his mother.

La Dolce Villa

Thursday 13 February

Romcom. Successful businessman Eric (*Scandal*'s Scott Foley) travels to Italy to stop his daughter Olivia (Maia Feficco) from spending all her money on restoring a crumbling villa, but finds himself swept up in the beauty, magic and romance of the place.

Yellowjackets

Friday 14 February

Oscar-winning Hilary Swank and *Community*'s Joel McHale guest star in the third season of the thriller about a high school girls' soccer team who survive in the wilderness for 19 months after a plane crash, while also following their lives 25 years later. Melanie Lynskey and Christina Ricci star. See feature, page 14.

Henry Danger: The Movie

Friday 14 February

Superhero comedy adventure based on Nickelodeon's *Henry Danger* show. Henry Hart, AKA Kid Danger, meets a superfan eager to fight crime with him who comes into possession of a device that can open up alternate realities.

The Gorge

Friday 14 February

Action thriller. Two elite snipers (Miles Teller and Anya Taylor-Joy) are

assigned a mission to guard either side of a vast, highly classified gorge to protect the world from the evil that lurks within it. See feature, page 4.

Valeria

Friday 14 February

The fourth and final season of the raunchy Spanish comedy. As the four female best friends move into their thirties, they face new challenges that make it increasingly difficult to meet up.

Love Is Blind

Friday 14 February

Nick and Vanessa Lachey return to host the eighth season of the US dating reality show in which singletons choose someone to marry before seeing them. The newly engaged couples then move in together and plan their wedding, but will their initial 'blind' attraction last?

I Am Married... But!

Friday 14 February

After a whirlwind romance, a couple must navigate the realities of married life when it turns out to be far from a fairytale in this Taiwanese comedy drama.

Love Forever

Friday 14 February

This Swedish romantic comedy sees a couple plan to get married on the gorgeous island of Gotland, but family-imposed traditions turn their big day into a disaster.

The Witcher: Sirens of the Deep

Tuesday 11 February

Animated action adventure. When sailors are attacked by mysterious creatures of the deep, only one person can stop the war between land and sea – the Witcher, Geralt of Rivia (voiced by Doug Cockle).



Documentaries



Clare Balding explores the sights and sounds of Britain's rivers

Going with *the flow*

NEW FACTUAL

Tales from the Riverbank
Thursday, 8pm, Channel 5

Having covered Wimbledon, the Olympics and Paralympics in 2024, Clare Balding takes a break from presenting sport to explore life along the banks of some of the most fascinating rivers in Britain.

In the six-part series *Tales from the Riverbank*, she meets the people who live and work on the riverside, finds out about the wildlife that calls these rivers home, visits places of historic interest, and samples some local delicacies.

'Britain is home to some of the most spectacular rivers in the world. Each one with a character of its own,' says Balding, 54. 'I'm on a journey to discover six of the most iconic.'

Here, we take a look at what's in store...

EPISODE ONE: RIVER SEVERN

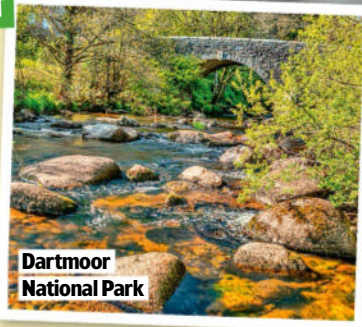
Balding's adventure begins on the longest river in the country, which flows 220 miles from the Cambrian mountains of Wales to the shores of the Severn estuary. She takes the helm of a narrowboat, enjoys a spot of birdwatching and reluctantly samples eels. 'This vast river surprised and fascinated me at every stretch,' she says.



Boating on the Severn

EPISODE TWO: RIVER DART

In Devon, Balding follows the Dart's 50-mile course in reverse from the south coast of the county to the craggy wilds of Dartmoor National Park. Along the way, she visits Greenway House, the holiday home of crime writer Agatha Christie. 'The Dart felt so remote,' she says. 'It was beautiful and haunting.'



Dartmoor National Park



Ice Age: Apocalypse

Sunday, 7.30pm, Channel 5

In this three-part series, Steve Backshall (above) and Michaela Strachan use state-of-the-art technology to tell the story of the Great Ice Age, which began more than 2.5 million years ago. The pair will be shedding light on Earth's history to discover a land of woolly mammoths, sabre-tooth cats and early Homo sapiens.



Guy Martin: Proper Jobs

Sunday, 8pm, U&A

Guy Martin's brother and sister were both firefighters, and the plucky presenter hopes there might be something in the DNA when he undertakes rigorous training at the Fire Service College in Gloucestershire, which sees him learn how to deal with a simulated motorway pile-up and a helicopter crash at an oil facility.



Extraordinary Portraits with Bill Bailey

Friday, 7.30pm, BBC1 (not Wales)

Since becoming a railway worker almost 10 years ago, Rizwan has saved 29 people from taking their own lives and received an MBE. Now, Bill Bailey (above, right, with Rizwan) arranges for the station assistant to have his portrait painted by Dorset artist Jack Dickson, who's keen to honour Rizwan's selflessness.

EPISODE THREE: RIVER THAMES

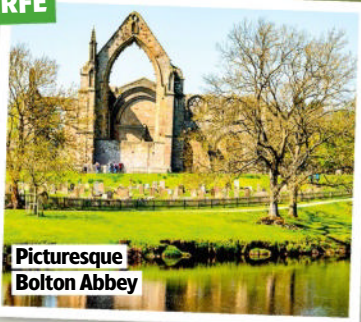


The foreshore in London

London's iconic river stretches 200 miles from Gloucestershire to Essex and Balding follows its course, passing grand estates and inspiring landscapes. 'You can see how something huge and influential can grow from a tiny trickle,' she says. 'I love that feeling of building power and the way it then connects to the sea.'

EPISODE FOUR: RIVER WHARFE

Balding travels to James Herriot country in Yorkshire. On the agenda is a serenade by a brass band and a visit to Bolton Abbey estate, home to a perilous section of water known as the Strid, with its combination of underwater rocks and fast currents. 'I'd say this was my favourite river,' says Balding. 'It's so beautiful.'



Picturesque Bolton Abbey

EPISODE FIVE: RIVER WYE

Criss-crossing the border between England and Wales, the Wye winds its way more than 150 miles to the Severn estuary. Balding's journey includes the magnificent Tintern Abbey, the village of Symonds Yat, the riverside city of Hereford and, her final stop, the bookish town of Hay-on-Wye. 'I learned so much during this journey,' says Balding.



Lion Street in Hay-on-Wye

EPISODE SIX: RIVER TYNE

The last leg of Balding's adventure begins in Newcastle, before she ventures into Northumberland towards the source of the Tyne. Among the highlights is kayaking. 'I've been up to Newcastle since, and from the railway bridge I thought, "I've kayaked there!"' she says. 'This series has been the most joyful experience.'



The Tyne Bridge in Newcastle



Luther: Never Too Much

Friday, 9pm, Sky Arts

Mariah Carey, Dionne Warwick and Roberta Flack are among the music legends paying tribute to the life and career of vocal virtuoso Luther Vandross. The iconic soul singer was dubbed the 'Velvet Voice' and had a string of chart hits, including 2003's *Dance With My Father*, before his death in 2005 at the age of 54.



26.2 to Life: Inside the San Quentin Prison Marathon

Tuesday, 10pm, BBC4

Since 2008, the notorious US penitentiary in San Quentin has staged an annual marathon, which sees inmates run 105 laps of the prison yard. This *Storyville* film meets members of the jail's 1,000 Mile Club, and hears from prisoners taking on this gruelling challenge.

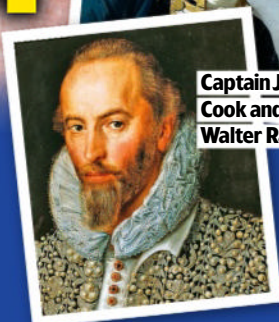
James May
with a replica
of Columbus' ship

Ship of fools

James May reveals the truth about the world's most famous pioneers



Captain James Cook and Sir Walter Raleigh



NEW HISTORY

James May's Great Explorers

Thursday, 9pm, Channel 5

For hundreds of years, explorers such as Christopher Columbus, Sir Walter Raleigh and Captain James Cook were seen as maritime heroes who bravely risked their lives to discover new lands and bring home unimaginable treasures.

But now, in a three-part series, James May delves into the truth of the adventurers' achievements – and he reckons that referring to them as the 'great' explorers could be something of an overstatement.

NEW TECHNOLOGY

'The age of the great explorers was one of the most dramatic in history. These men crossed treacherous oceans, built floating fortresses, mapped the stars, and developed a whole new branch of science,' says May. 'But were these explorers really heroes or just a bunch of chancers?'

In the first episode, May looks at Columbus' 'discovery' of America in 1492 – although the sailor never actually set foot there. Instead, he discovered islands in the Caribbean and

insisted he was in Asia! Travelling to south-west Spain, from where Columbus set off, May takes the helm of a sailboat to test the technology that allowed ships to travel further than ever before. He also tries out the navigation techniques of the time, cooks up replica on-board meals and later visits London's jewellery quarter to learn more about the quest for gold that spurred Columbus on.

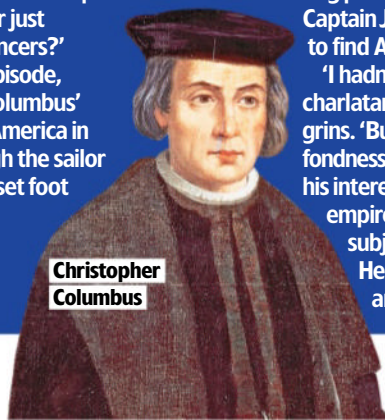
CHARLATAN

The explorer's voyages delivered vast wealth to Europe, but also brought violence and destruction to the Americas. May visits St Bart's Hospital in London to study the diseases that were unleashed by European sailors, while historian Caroline Dodds Pennock reveals the horror that followed in his wake.

'Columbus was a rubbish navigator and a bloodthirsty gold looter,' says May, who later in the series reveals how Sir Walter Raleigh took credit for things he didn't do, such as discovering potatoes, and how

Captain James Cook failed to find Antarctica.

'I hadn't realised what a charlatan Sir Walter was,' he grins. 'But I still have a great fondness for Cook. Ultimately his interests were not empire-building or the subjugation of people. He was a map-maker, and a brilliant one.'



Christopher Columbus

Films

Our Pick of

PREMIERE
OF THE
WEEK

ELEVATION

Anthony Mackie and Morena Baccarin take to the road, one infested with monsters...

SCI-FI ACTION

From Saturday, Prime Video ★★★

With Earth taken over by giant bulletproof, indestructible insectioid-type beasts that have emerged from deep underground, small pockets of humans have survived by staying above 8,000ft – ‘the line’ – for some

inexplicable reason the monsters won't go any higher.

Stoic single dad Anthony Mackie needs life-saving medicine for his asthmatic young son, so persuades bitter drunk (and ex-doctor) Morena Baccarin and eager beaver Maddie Hasson to leave the safety of their refuge high up in Colorado's Rocky Mountains in

order to take the deadly journey to Boulder for medical supplies – a trip that's way below the line...

A film painted in hues of blue and green, this riff on the likes of *A Quiet Place* and *Bird Box* doesn't try to bite off more than it can chew. It's a tight, lean creature feature that may follow a routine trajectory, but what it does, it does

with slick efficiency.

The three leads all excel at grim determinism, while director George Nolfi keeps the momentum in gear for the film's brief running time, while utilising the handsome scenery (those mountain vistas are something else) when he can. It makes for an absorbingly effective story. 2024, 15, 91MIN

STAR RATINGS ★★★★★ Excellent ★★★★★ Very good ★★★ Good ★★ Average ★ Poor

the Week's Best Films

SCI-FI ROMANCE

Turn Me On

Saturday, 7.45am & 6.10pm,
Sky Premiere

★★★

This low-key but thought-provoking sci-fi drama stars Bel Powley as a young woman who has joined a cult-like utopian community whose members take a daily pill that suppresses their emotions – including love and sexual desire. Then she skips a dose, discovers unexpected new feelings and encourages her assigned 'partner' (Nick Robinson) and the two couples in their 'cohort' to do the same. This is not the kind of film that grabs you from the start. The community is so bland you may find yourself nodding off before things get interesting. Stick with the story, however, and you will find the drama begin to grip. And when Powley's Joy stops taking the pills, her expressive acting really does run the gamut of emotions. 2024, 15, 99MIN



Pilled up:
Nick and Bel



Family split: Isabella,
Rowan and Auli'i

TEEN ROMCOM

Crush

Thursday, 9pm, Film4

★★★★

A thoroughly contemporary take on teen romance movies, *Crush* follows the mild trials and tribulations of Rowan Blanchard's Paige, a gay girl whose heart belongs to queen bee Gabriela (Isabella Ferreira), but it's a love from afar. Joining the track team to ingratiate herself with the object of her affection, she instead

ends up being mentored by Gabriela's twin, AJ (*Moana's* Auli'i Cravalho). With instant chemistry between them, Paige realises she may have been fixated on the wrong sister... Light, bubbly, sassy and snarky when it needs to be, this refreshingly frank insight into today's teenagers highlights that there's no drama concerning gender, consent and sexual orientation – these kids have accepted it all long ago. It's also genuinely funny, mostly through Paige's wildly inappropriate, overly supportive single mum, played wonderfully by Megan Mullally. 2022, 15, 93MIN



Battle lines:
Lucy and Austin

ROMANTIC COMEDY

The Hating Game

On now, Prime Video

★★★

Super competitive enemies in their shared workspace, Lucy Hale and Austin Stowell's fractious relationship is cranked up even further when they both go for for the same management position. Amid all the bitching and sniping,

though, Hale starts having sex dreams about her co-worker... Could he actually be The One? As predictable and routine as this romcom is, it's bolstered by the surprising chemistry between the leads. Yes, some of their behaviour would have any HR department sweating and the finale can be seen from space, but this movie scratches a particular itch. 2022, 15, 102MIN

ANIMATION

The Garfield Movie

Friday, 9.35am & 4.05pm,

Sky Premiere

★★★

With peppy vocals by Chris Pratt as the lasagne-loving feline and a hectic caper plot, this animation is a fresh chapter for the comic-strip star. Aimed squarely at children, this tale involves an errant dad (Samuel L Jackson) who abandoned Garfield as a kitten to be raised by

exploitable cartoonist Jon (Nicholas Hoult). Then father and son are reluctantly reunited when a vengeful cat (Hannah Waddingham) demands they pilfer milk from an impregnable farm. Adults will decry the softening of the main character, but it won't stop kids being amused by him. 2023, U, 101MIN



Chill:
Garfield
and Odie

FilmFinder

The best of the week at a glance

Animation



Chicken Run: Dawn of the Nugget

Netflix ★★★★★
This sequel to 2000's *Chicken Run* is a quirky, hilarious delight as Ginger, Rocky and co discover Mrs Tweedy is hatching an evil new plan. 2023, PG, 97MIN



Corpse Bride

Prime Video ★★★★★
A nervous groom (voiced by Johnny Depp) accidentally weds the titular Bride (Helena Bonham Carter) and is whisked off to the underworld. A lovingly made, gloriously ghoulish animation. 2005, PG, 77MIN



Fantastic Mr Fox

Disney+ ★★★★★
Director Wes Anderson's delightfully humorous and eccentric stop-motion animation brings Roald Dahl's story to vivid life. George Clooney and Meryl Streep are wily Mr and Mrs Fox. 2009, PG, 87MIN



Wallace & Gromit: The Curse of the Were-Rabbit

Sat, 4pm, Sky Animation ★★★★★
Wallace and his dog Gromit run a pest control business, but, one full moon, Wallace creates a bunny monster! Funny, cute and sublimely daft. 2005, U, 85MIN

Fantasy



The School for Good and Evil

Netflix ★★
A magical creature whisks best friends Sophia Anne Caruso and Sofia Wylie to the titular school in this enjoyable adaptation of the children's books. 2022, 12, 146MIN



The BFG

Saturday, 4.15pm, Sky Hits ★★★★★
Directed by Steven Spielberg, this sparkling adaptation of Roald Dahl's classic fantasy is filled with magical moments, and Mark Rylance is terrific as the Big Friendly Giant. 2016, PG, 117MIN



Zathura

Tuesday, 4pm & 3.30am, Sky Family ★★★★★
A board game sends bickering brothers Josh Hutcherson and Jonah Bobo on a perilous mission in space, still inside their house. A nifty fantasy. 2005, PG, 101MIN



Harry Potter and the Philosopher's Stone

Fri, 6.30am, Sky Harry Potter ★★★★★
Watch Daniel Radcliffe, Rupert Grint, Emma Watson & co grow up in all eight of HP's wizard adventures, showing back-to-back starting today. 2001, PG, 152MIN

Classic Romance



The Go-Between

Studiocanal Presents ★★★★★
An utterly captivating, exquisite period romance starring Julie Christie and Alan Bates as secret lovers and Dominic Guard as the young boy entrusted to relay their messages. 1970, PG, 110MIN



Doctor Zhivago

Saturday, 1.15pm, BBC2 ★★★★★
Omar Sharif is a doctor caught in the Russian Revolution and Julie Christie the love of his life. David Lean's film of Boris Pasternak's novel is one of cinema's great romantic tragedies. 1965, PG, 192MIN

EDITOR'S CHOICE



Love Story

Paramount+ ★★★★★
A huge hit in its day, this definitive romance is a real wallow and set the template for the modern weepie. Ryan O'Neal and Ali MacGraw are the lovestruck pair whose time together is cut tragically short, while Francis Lai's Oscar-winning, syrupy score and the pretty wintry locations help the tears along no end. As O'Neal's dad, Ray Milland adds acting chops and spot Tommy Lee Jones in his film debut. 1970, PG, 100MIN

Romcom



Bridget Jones's Diary

Sat, 10.35am, Sky Bridget Jones & Fri, 10pm, Channel 5 ★★★★★
Renée Zellweger is a delight as Helen Fielding's irrepressible singleton in this jolly romcom. The first three *Bridget* films repeat on Sky until 3am on Sun. 2001, 15, 96MIN



Eternal Sunshine of the Spotless Mind

Sunday, 10pm, Sky Drama & Netflix ★★★★★
Jim Carrey and Kate Winslet make a superb team in this clever, quirky, one-of-a-kind romcom. 2004, 15, 108MIN



Two Weeks Notice

Friday, 2.15pm, Sky Valentine ★★
Will Hugh Grant and Sandra Bullock, as a property tycoon and his activist lawyer, get to like each other.? No prizes for guessing the outcome of this effortlessly charming romcom. 2002, 12, 101MIN



Notting Hill

Friday, 9pm, Film4 ★★★★★
Hugh Grant owns a bookshop in London's Notting Hill and falls for Hollywood star Julia Roberts after she visits. The likeable stars and Richard Curtis' hilarious script make this a winner. 1999, 15, 124MIN

Films Weekend movies

Saturday 8 February

COMEDY ADVENTURE

The Lost City

9.10pm, C4

★★★★

Sex ●●● Violence ●●● Language ●●●

Successful-but-adrift novelist Sandra Bullock is swept up in an adventure when she's kidnapped by Daniel Radcliffe's billionaire who needs her knowledge of dead languages to help him find a treasure-rich kingdom on a remote island. And racing to her rescue is out-of-his-depth model Channing Tatum. San'n'Chan are thoroughly game and share some sturdy star chemistry as the love/hate gears run their course. Also a blast are a slew of scene-stealing support acts – Da'Vine Joy Randolph, Oscar Nunez, Brad Pitt and Randy the goat. It could have been snappier and unfolds along predictable lines, but is rollicking good fun. 2022, 12, 112MIN



COMEDY

A Shot in the Dark

1pm, Sky Arts

★★★★

Sex ●●● Violence ●●● Language ●●●

The second *Pink Panther* film went wholeheartedly for slapstick comedy and allowed Peter Sellers a free rein to develop his bungling Inspector Clouseau character – with a trip to a nudist camp, a curved pool cue and a smouldering trenchcoat providing some of his funniest embarrassing moments. Herbert Lom as his exasperated boss ('Give me 10 men like Clouseau and I could destroy the world!') and Burt Kwouk as Kato are also key elements in the comedy, which also finds room for George Sanders and Elke Sommer. 1964, PG, 98MIN

ROMANCE

Valentine's Day

5.55pm, Sky Valentine

★★★

Sex ●●● Violence ●●● Language ●●●

This tastily conceived panorama of love's ups and downs on the big day in LA has an incredible starry cast, though you may not fall in love with the fumbling script or some clumsy slapstick. Still, there are plenty of laughs and some tears, too, to grab the attention in the multi-layered story that follows the likes of Ashton Kutcher (taking the main role as a busy florist), Jessica Alba, Patrick Dempsey, Jennifer Garner, Julia Roberts, Jamie Foxx, Anne Hathaway, Topher Grace, Bradley Cooper, Shirley MacLaine and Emma Roberts. 2010, 12, 124MIN

COMEDY DRAMA

Jojo Rabbit

11.20pm, C4

★★★★

Sex ●●● Violence ●●● Language ●●●

A young boy (Roman Griffin Davis) in World War Two Germany has a buffoonish Adolf Hitler (Taika Waititi, who also directs) as an imaginary friend. Meanwhile, his mother (Scarlett Johansson) is hiding a Jewish girl (Thomasin McKenzie) in their attic. This irreverent satire is a surprisingly touching parable about good and evil, hate and love – and Waititi pulls off his film's exuberantly absurd humour without losing sight of the real horrors of the war. Sam Rockwell, Rebel Wilson and Stephen Merchant also star. 2019, 12, 108MIN

COMEDY

Starter for 10

12.10am, BBC1 (1.10am Scot)

★★★★

Sex ●●● Violence ●●● Language ●●●

This bright comedy stars James McAvoy as a student who arrives at Bristol university, signs up for TV's *University Challenge* and falls for fellow panellist Alice Eve and quirky student Rebecca Hall. Thanks to a witty script and some fine comic playing, there are lots of big laughs as well as neat home truths along the way. The appealing McAvoy scores full marks, Mark Gatiss amuses as quiz host Bamber Gascoigne and Benedict Cumberbatch is a hoot as the snooty team captain. 2006, 12, 97MIN

■ Full listings start on p35

Sunday 9 February

COMEDY DRAMA

Eighth Grade

10.30pm, BBC3

★★★★★

Sex ●●● Violence ●●● Language ●●●

As socially awkward 13-year-old schoolgirl Kayla, Elsie Fisher tries to navigate the choppy waters of adolescence and survive the last week of middle school, beset by the perils of pimples, impossible crushes and the pressure of social media. Anchored by a winning performance from Fisher, this is a terrific coming-of-age comedy drama written and directed by former teen YouTube star Bo Burnham. It's impossible for your heart not to go out to Fisher's lonely, anxious, misfit of a hero, and you'll undoubtedly be touched by her well-meaning single dad (an excellent performance from Josh Hamilton) as well. 2018, 15, 94MIN



CLASSIC THRILLER

Rear Window

4.15pm, Sky Stunts

★★★★★

Sex ●●● Violence ●●● Language ●●●

Temporarily housebound with a broken leg, photographer James Stewart passes the time by spying on his neighbours – and soon suspects one (Raymond Burr) of murder. Alfred Hitchcock's meticulous thriller stays inside Stewart's apartment and shares his point of view for almost all its length. In effect, that turns the audience into a set of spies, too, and the ensuing game Hitchcock plays with both his star and with the audience makes for a model of humour-soaked suspense – not least when Grace Kelly and Thelma Ritter enter the picture. 1954, PG, 112MIN

CLASSIC THRILLER

Blue Velvet

10pm, BBC2

★★★★★

Sex ●●● Violence ●●● Language ●●●

Kyle MacLachlan finds a dismembered human ear and, helped by his sweetheart Laura Dern, decides to try to find out to whom it belongs. The trail leads to troubled singer Isabella Rossellini and demented mobster Dennis Hopper, who play their perverted characters with frenzied abandon. Directed with supreme skill by the master of eccentricity David Lynch (who died last month), this portrait of the seedy underbelly of small-town America has lost absolutely none of its power to shock. 1986, 18, 120MIN

CLASSIC HORROR

Rosemary's Baby

10.05pm, Sky Sci-Fi/Horror

★★★★★

Sex ●●● Violence ●●● Language ●●●

A key stepping stone towards the excesses of *The Exorcist* and *The Omen*, Roman Polanski's classic chiller is much more about creeping paranoia than explicit shocks. Steadily becoming more nervous and unhealthy looking as the film progresses, Mia Farrow is superb as the expectant mother whose problems start when she's persuaded to switch doctors from Charles Grodin to Ralph Bellamy. John Cassavetes is her increasingly unsympathetic hubby and Ruth Gordon (who won an Oscar for her role) is great as one of cinema's creepiest neighbours. 1968, 18, 137MIN

PERIOD DRAMA

The Elephant Man

11.55pm, BBC2

★★★★★

Sex ●●● Violence ●●● Language ●●●

In Victorian London, a sensitive and intelligent young man (John Hurt) who suffers from a rare bone deformity is rescued from his humiliating life as a fairground exhibit by kind surgeon Frederick Treves (Anthony Hopkins) and given a new home in Whitechapel's London Hospital. David Lynch's remarkable film persuasively re-creates its era and Hurt, buried under pounds of latex, delivers a heartbreaking performance ('I am not an animal, I am a human being!'). 1980, PG, 124MIN

■ Full listings start on p45

Weekday movies over page

TV&Satellite Week 25

Films Weekday movies

Monday 10 February

ROMCOM

Long Story Short

7.55am & 2.10am, Sky Valentine

★★★

Sex ●●● Violence ●●● Language ●●●

Freely cribbing from both *Groundhog Day* and *A Christmas Carol*, this genial Australian comedy sees Teddy (Rafe Spall) falling head over heels for Leanne (Zahra Newman) at a New Year's Eve party. However, on his wedding night, Teddy's life takes a disruptive, sci-fi twist – every few minutes, his life jumps forward exactly one year. Can he rescue his rapidly dissolving marriage? The film unfolds in predictable fashion, but all the same it's rather sweet with engaging performances. 2021, 15, 90MIN

Drifting apart:
Zahra and Rafe



Tuesday 11 February

ROMCOM

The Holiday

8pm, Sky Valentine

★★★

Sex ●●● Violence ●●● Language ●●●

A perfect Valentine's week romance, this romcom stars Cameron Diaz as an American film producer and Kate Winslet as an English writer who, both lovelorn, swap homes for the Christmas holidays. And, of course, they're soon both finding their Mr Rights. Diaz is dazzled by Winslet's brother Jude Law and Winslet melts when she meets funny film composer Jack Black. The story is undeniably corny, but the talented stars fill this charming romcom with plenty of sparkle. 2006, 12, 135MIN

A breath of fresh air: Kate



Wednesday

BIOPIC

12 Years a Slave

11.25pm, Film4

★★★★★

Sex ●●● Violence ●●● Language ●●●

Based on the memoir of Solomon Northup (Chiwetel Ejiofor), a free New York family man abducted and sold into slavery in the pre-Civil War American South, director Steve McQueen's harrowing film is hard to watch. But it



Way out: Lupita and Chiwetel

ANIMATION

Under the Boardwalk

7.45am & 3.30am, Sky Hits

★★★

Sex ●●● Violence ●●● Language ●●●

Local New Jersey crab clans get the hump every summer when the sea-dwelling tourist crabs fill up their beaches. Not that this bothers timid Armen (voiced by Michael Cera). He's about to make eyes at feisty sea crab Ramona (Keke Palmer), when a flash storm hits and they are marooned far from home. A breezy comedy with superior animation that the whole family will enjoy. 2023, PG, 83MIN

ANIMATION

Sausage Party

3.05pm, Sky Cinema Comedy

★★★

Sex ●●● Violence ●●● Language ●●●

Seth Rogen's a horny hot-dog sausage eager to get it on with Kristen Wiig's roll in a supermarket full of talking food products. This rude comedy is packed with swearing and innuendo but there is real hilarity, too, in a 'shootout' and a sequence in which the Israeli/Palestinian conflict is played out between a neurotic Jewish bagel (Edward Norton) and a bellicose Arab flatbread (David Krumholtz). 2016, 15, 89MIN

ACTION COMEDY

The Mexican

9pm, GREAT! movies

★★★

Sex ●●● Violence ●●● Language ●●●

The teaming of Julia Roberts and Brad Pitt is a big draw, except that they're kept apart for most of the film. That's a disastrous mistake, but there's enough going on in both their stories to make it almost forgivable. He's a small-time crook ordered down to Mexico to collect an antique pistol and she's his girlfriend, who's abducted by a kindly hitman (a scene-stealing James Gandolfini). Light and fluffy screwball fare. 2001, 15, 123MIN

DRAMA

Palm Trees and Power Lines

2.35am, Sky Drama

★★★★★

Sex ●●● Violence ●●● Language ●●●

Disconnected, discontented and disillusioned, 17-year-old Lea (an astonishing Lily McInerney) catches the attention of much older Tom (Jonathan Tucker) who offers her a way out of her listless existence. But is he all he claims? Jamie Dack's masterful drama is a frank, insidious and at times unbearable exploration of grooming. 2022, 18, 110MIN

■ Full listings start on p55

CARTOON

Curious George

9am, Sky Animation

★★★★★

Sex ●●● Violence ●●● Language ●●●

There's fun galore in this cute old-style cartoon in which Will Ferrell voices a bungling New York museum curator who goes to Africa to find a big effigy of a monkey to be the star exhibit that will save his museum from closure. But what he finds is only three inches tall, then a curious little monkey decides to follow him back to New York... The sight gags provide lots of laughs and the folksy score and charming visuals will please tots. 2006, U, 87MIN

ROMCOM

Along Came Polly

11.50am, Sky Cinema Comedy

★★★

Sex ●●● Violence ●●● Language ●●●

Ben Stiller gets a tailor-made role as a risk assessor whose marriage abruptly ends on his honeymoon when he finds his wife Debra Messing with Hank Azaria. Then he bumps into kooky waitress and ex-school pal Polly (Jennifer Aniston)... The keen stars make the most of the funny material and Philip Seymour Hoffman, as Stiller's pal, and Bryan Brown, as a daredevil Aussie tycoon, are a lot of fun, too. 2003, 12, 90MIN

WAR DRAMA

Jarhead

8pm, Sky Drama

★★★★★

Sex ●●● Violence ●●● Language ●●●

Set during the first Gulf War, this military drama isn't so much about the act of war itself as the numbing effect it has on combatants. Based on the memoirs of real-life veteran Anthony Swofford (Jake Gyllenhaal), it captures the frustration, resentment and sheer boredom of trained troops disengaged from a conflict that is seemingly being conducted on computers with precision bombing and stealth aircraft. 2005, 15, 123MIN

CHILLER

The Black Phone

9pm, Film4

★★★

Sex ●●● Violence ●●● Language ●●●

It's 1978, kids are going missing in a North Denver suburb and bullied Mason Thames becomes the latest child snatched by Ethan Hawke's creepy The Grabber. Thames wakes up in a cellar, where there's an old-style phone that allows him to speak to past victims, while his psychic sister could also be a big help... Not very scary, this works better as a coming-of-age tale. 2022, 15, 103MIN

■ Full listings start on p65

CRIME COMEDY

Maggie Moore(s)

9.50am, Sky Thriller

★★★

Sex ●●● Violence ●●● Language ●●●

Sandwich-shop-owning scumbag Micah Stock decides that the answer to his woes is to have two women with the same name (one of whom is his wife) bumped off. Low-key to a fault (modest tension, zero mystery), the film's trump card is the hesitant hook-up between Jon Hamm's police chief and witness Tina Fey. They add a wisecracking warmth and fun to this comedy noir, inspired loosely by real events. 2023, 15, 99MIN

FANTASY ROMANCE

Ghost

8pm, Sky Greats

★★★★★

Sex ●●● Violence ●●● Language ●●●

A recently murdered man (Patrick Swayze) comes back as a spirit to prevent the same thing from happening to his grieving sweetheart (Demi Moore). It may be earnest and overcooked, but director Jerry Zucker's film is still a tear-jerking treat. The famous potter's wheel sequence is the heartwarming highlight and an Oscar-winning Whoopi Goldberg adds light relief as a wisecracking medium who helps Swayze. 1990, 12, 127MIN

12 February

is ultimately a tale of resilience and survival, which Ejiofor's terrific acting – that embodies Solomon's dignity and intelligence as well as his suffering – emphasises. Also making their mark are Oscar-winning Lupita Nyong'o, Brad Pitt, Benedict Cumberbatch, Michael Fassbender and Paul Dano. 2013, 15, 134MIN



CRIME DRAMA

Chaos

9pm, Legend

★★★

Sex ●●● Violence ●●● Language ●●●

You'd expect a film that teams up Wesley Snipes and Jason Statham as arch adversaries to have some kick-ass sequences somewhere, but here their two characters end up trading little more than insults. But it's a fast-paced caper where nothing is at it seems, with Snipes as a criminal whose gang seizes control of a Seattle bank and demands Statham's disgraced police detective be reinstated to act as hostage negotiator. 2005, 15, 102MIN

COMEDY

Fear and Loathing in Las Vegas

9.50pm,

Sky Cinema Comedy

★★★★

Sex ●●● Violence ●●● Language ●●●

Terry Gilliam's adaptation of Hunter S Thompson's notorious bestseller is an all-out assault on the senses. It's a funny, scary and ferociously imaginative ride as Thompson's alter ego (a shaven-headed Johnny Depp) takes his psychopathic lawyer (Benicio Del Toro) on a drug-fuelled journey to Las Vegas. 1998, 18, 119MIN

Full listings start on p75

Thursday 13 February

ANIMATION

The Super Mario Bros Movie

5.40pm, Sky Animation

★★★

Sex ●●● Violence ●●● Language ●●●

This outing for the videogame brothers has Mario (voiced by Chris Pratt) and Luigi (Charlie Day) as down-on-their-luck Brooklyn plumbers. They seize the chance to become heroes when a water main bursts, but are split up and spat out by a magical pipe into a mysterious land. Mario sets off to save Luigi, meeting familiar faces along the way. The plot is underdeveloped in places, but the excellent vocals from the likes of Jack Black, Anya Taylor-Joy and Keegan-Michael Key make for an entertainingly zippy ride. 2022, PG, 92MIN



Tapping his talents: Mario

FANTASY

Meet Joe Black

11.15am & 9.50pm,

Sky Drama

★★★★

Sex ●●● Violence ●●● Language ●●●

Just think of millenniums, multiplied by eons, compounded by time without end: I've been around that long! A mysterious stranger (Brad Pitt) walks into the life of Anthony Hopkins' tycoon to tell him that his time is almost up, then hangs around to fall for his daughter Claire Forlani. This is overlong, but Hopkins and Pitt make a great double act and the film works up a magical atmosphere. 1998, 12, 181MIN

THRILLER

Green Zone

3.45pm, Sky Thriller

★★★★

Sex ●●● Violence ●●● Language ●●●

Director Paul Greengrass' handheld camera shots provide a you-are-there immediacy to this gripping war thriller, which features his *The Bourne Supremacy* star Matt Damon as a US army officer who is searching for weapons of mass destruction in Iraq. If it is a little clichéd and too impeccably liberal, the film looks strikingly authentic and provides a feast of heart-pounding action as well as plenty of gourmet food for thought. 2010, 15, 115MIN

ROMCOM

What Happens Later

9.45pm, Sky Valentine

★★★

Sex ●●● Violence ●●● Language ●●●

Starring and directing, Meg Ryan harps back to the romcoms that made her name back in the 1990s. Stuck in a small snowbound airport waiting for a connecting flight, she bumps into old flame David Duchovny. With nowhere to go, the two reminisce about their relationship that ended 25 years earlier. The film takes a while to get going, but the stars exude tangible chemistry and deliver some touching moments. 2023, 15, 103MIN

COMEDY

Walking and Talking

10.50pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

An amusing look at friendship scuttled by romantic jealousy, with Catherine Keener as a single career woman shaken by the news that best friend Anne Heche is to wed. The stars are excellent, as are Liev Schreiber, Todd Field and Kevin Corrigan as the men in their lives. While the film doesn't really amount to anything profound, it's sharp, witty and wears its heart on its sleeve. 1996, 15, 85MIN

Full listings start on p85

Friday 14 February

DRAMA

Blue Jean

11.05pm, BBC2

★★★★

Sex ●●● Violence ●●● Language ●●●

It's Thatcher's Britain, 1988, a time when local authorities were banned from 'promoting homosexuality' under Section 28. Gym teacher Jean (Rosy McEwen), passive, paralysed by fear and closeted at work, worries for her job at a Tyneside comprehensive, especially when 15-year-old student Lois (Lucy Halliday) starts frequenting the same lesbian bar as Jean and her girlfriend Viv (Kerrie Hayes). Writer-director Georgia Oakley's drama ducks easy clichés and McEwen's pensive performance is mesmerising. 2022, 15, 97MIN



All for show: Rosy

PREMIERE

ROMCOM

It's Complicated

10.15am,

Sky Valentine

★★★★

Sex ●●● Violence ●●● Language ●●●

Meryl Streep has a field day in writer-director Nancy Meyers' delightful romcom. She's a divorcee having an affair with her ex-husband (Alec Baldwin) – who is having difficulties in his marriage to Lake Bell and is longing for the good old days – and she's also being wooed by shy and smitten architect Steve Martin. Rarely putting a foot wrong, this is charming and vibrant and the cast has a ball. 2009, 15, 120MIN

SCI-FI MYSTERY

Signs

9pm, GREAT! movies

★★★★

Sex ●●● Violence ●●● Language ●●●

Strange lights in the sky, something in the cornfields, bizarre crop circles – these are all signs of aliens in the view of widowed ex-priest Mel Gibson. Suddenly, all that matters is protecting his kids Rory Culkin and Abigail Breslin. Then the reality of what they're up against comes knocking. Writer-director M Night Shyamalan's film is gripping and witty, even if it becomes more and more silly as it goes along. 2002, 12, 106MIN

ROMCOM

Anyone But You

10.10pm,

Sky Valentine

★★★★

Sex ●●● Violence ●●● Language ●●●

Hooking up one night, Sydney Sweeney and Glen Powell hit it off, then don't see each other again through a frankly contrived misunderstanding. However, they're unwillingly thrown together again when her sister (Hadley Robinson) and his best friend (Alexandra Shipp) are getting married – in Australia. With charisma to burn, the appealing stars make light work of every plot device. 2023, 15, 103MIN

ROMCOM

Long Shot

11.30pm, BBC1

★★★★

Sex ●●● Violence ●●● Language ●●●

Charlize Theron and Seth Rogen hit it off hilariously in this fine romantic comedy. She's a high-flying politician about to announce a run for the presidency, he's a bolshie journalist. She also happens to be his former babysitter. Sparks fly, however, when her campaign recruits him to punch-up her speeches. The result: some outrageous laughs and a lot of heart. 2019, 15, 125MIN

Full listings start on p95

Sport week

Your **ultimate guide** to the week's live

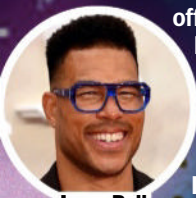
LIVE AMERICAN FOOTBALL

Kansas City Chiefs v Philadelphia Eagles

Sunday, kick-off 11.30pm, ITV1, Sky Sports Main Event, Sky Sports Mix, Sky Sports NFL, Sky Showcase & DAZN

Stock up on hot dogs and get set for a very late night of spectacular sports action when Super Bowl LIX kicks off in New Orleans. This year, Kansas City Chiefs aim to make history as the first side to win three Super Bowls in a row. Standing in their way is a Philadelphia Eagles side that's out for vengeance after losing to the Chiefs in the Super Bowl two seasons ago.

Here, former NFL star and TV pundit Jason Bell picks his potential match-winners...



Jason Bell

THE
MAIN
EVENT

SUPER BOWL

Can **Philadelphia Eagles** stop **Kansas City Chiefs** from making NFL history?

PATRICK MAHOMES

Kansas City Chiefs

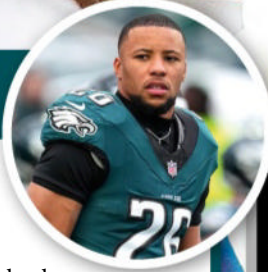
'At the age of 29, Patrick Mahomes is only the third quarterback to reach five Super Bowls and is the maestro of the Chiefs' offense. He's probably the best QB in the NFL, and whatever is necessary to win the game, he delivers. A lot of people want to see the Chiefs dethroned, but I'd like to see this team accomplish the "three-peat". They are explosive on offence, and on defence they can attack your weaknesses. This team finds a way to win close, competitive games.'



SAQUON BARKLEY

Philadelphia Eagles

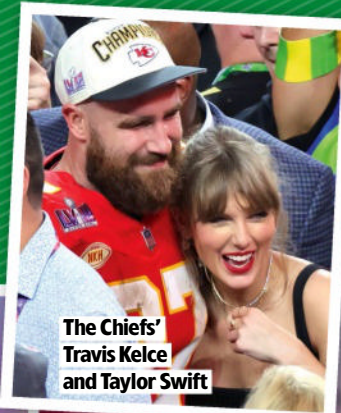
'The Eagles will go into the game with a lot of confidence, not least because running back Saquon Barkley brings athleticism and aggression to the team. In his maiden season after moving from the New York Giants, he's had more 20mph runs than anyone else in the NFL, and needs just 30 more rushing yards to break the all-time single-season record. Barkley turns 28 on the day of the Super Bowl and he could be celebrating in style. He has the vision and the speed of an eagle and the end zone is his prey.'



HAVING A BALL

The Super Bowl's half-time show has featured some memorable musical performances over the years – from Prince, Beyoncé and Bruce Springsteen to Janet Jackson's infamous 'wardrobe malfunction' in 2004.

This week, rap superstar Kendrick Lamar will take centre stage, joined by frequent collaborator SZA, with a set list that's likely to include *Not Like Us*, one of the biggest hits of 2024. New Orleans jazz artist Jon Batiste will sing the US national anthem ahead of kick-off.



The Chiefs' Travis Kelce and Taylor Swift

SUPER BOWL STATS

★ The Chiefs are in their seventh Super Bowl (having won three times in the last five years), while the Eagles are in the showpiece for a fifth time, winning just once in 2018.

★ Celebrity Eagles fans include Sylvester Stallone, Kevin Hart and Bradley Cooper, while the Chiefs can famously count on the support of pop superstar Taylor Swift who is dating tight end Travis Kelce.

★ The New Orleans Superdome is hosting the Super Bowl for a record eighth time.

★ The 2024 Super Bowl was watched by a TV audience of 123 million viewers in the US, making it the most-watched broadcast since the 1969 moon landing.

★ Rival quarterbacks Patrick Mahomes and Jalen Hurts each earn around \$50 million a year.



Kendrick Lamar

Plymouth overcame Brentford in January to seal a place in the fourth round



LIVE FOOTBALL

FA Cup fourth round

Saturday-Tuesday, BBC1, BBC iPlayer, ITV1 & ITV4

There are eight live ties to enjoy this week (see right), with a real chance of some giant-killing exploits. On Sunday, eight-time winners Liverpool travel to Home Park to face Plymouth Argyle, who took the Reds to a replay in the competition in 2017. The Pilgrims won at Brentford in the third round, but new boss Miron Muslic has been unable to improve their fortunes in the Championship since taking over from Wayne Rooney. Liverpool's 16-year-old midfielder Rio Ngunmoha will want to be involved after becoming the club's youngest-ever starter against Accrington Stanley.

SATURDAY

Leyton Orient v Manchester City

k-o 12.15pm, BBC1

Birmingham City v Newcastle United

k-o 5.45pm, BBC1

Brighton v Chelsea

k-o 8pm, ITV4

SUNDAY

Blackburn Rovers v Wolves

k-o 12.30pm, BBC iPlayer

Plymouth Argyle v Liverpool

k-o 3pm, ITV1

Aston Villa v Tottenham Hotspur

k-o 5.35pm, BBC1

MONDAY

Doncaster Rovers v Crystal Palace

k-o 7.45pm, BBC iPlayer

TUESDAY

Exeter City v Nottingham Forest

k-o 8pm, ITV1



Thomas Ramos of France

LIVE RUGBY UNION

Six Nations

Sat & Sun, BBC1, ITV1 & S4C

The second round begins in Rome where Wales will seek revenge against Italy following last year's 24-21 defeat in Cardiff (k-o 2.15pm, ITV1 & S4C). That's followed by England versus France at the Allianz Stadium (k-o 4.45pm, ITV1), a fixture that saw a thrilling 33-31 victory for Les Bleus in 2024 when Thomas Ramos scored a last-minute penalty from the halfway line – the biggest kick of the 2024 tournament. On Sunday, Scotland host champions Ireland (k-o 3pm, BBC1).



Wigan Warriors were on top in 2024

LIVE RUGBY LEAGUE

Super League

Thursday & Friday, kick-offs 8pm, Sky Sports Action & Sky Sports+

Last season's top try scorer Liam Marshall is back in action as champions Wigan Warriors open the new campaign by hosting Leigh Leopards on Thursday. The Warriors were named BBC Sports Personality Team of the Year in December

after Matt Peet's side claimed every major honour they contested – the World Club Challenge, Challenge Cup, League Leaders' Shield and Super League Grand Final. Every Super League match will be shown live on Sky Sports this season, including Friday's double-header as Catalans Dragons host Hull FC and 2024's losing finalists Hull KR entertain Castleford Tigers.



England's Joe Root

LIVE CRICKET

India v England: ODIs

Sunday & Wednesday, TNT Sports 1

England's white-ball tour of India concludes this week with one-day internationals in Cuttack and Ahmedabad. Joe Root was recalled to Brendon McCullum's ODI squad for the first of the

three matches, in Nagpur on 6 February, having last played in the 50-overs format in the 2023 World Cup, and will need to be at his best against Rohit Sharma's side, which includes spinner Axar Patel.

Sport A-Z and football planner >>>

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Sport week **A-Z GUIDE**

AMERICAN FOOTBALL

LIVE Kansas City Chiefs v Philadelphia Eagles
Sun 10pm Sky Sports Main Event, Sky Sports NFL, Sky Sports Mix & Sky Showcase, 10.45pm ITV1 & DAZN

The showpiece match staged at New Orleans Superdome. See p28.

BASKETBALL

LIVE North Carolina Tar Heels v Pittsburgh Panthers
Sat 9pm Sky Sports Mix

LIVE Los Angeles Lakers v Indiana Pacers
Sat 9pm TNT Sports 2

The NBA inter-conference match.

LIVE Clemson Tigers v Duke Blue Devils
Sat 11pm Sky Sports Mix

LIVE New York Knicks v Boston Celtics
Sat 1.30am TNT Sports 3

NBA Eastern Conference game.

LIVE Texas Longhorns v South Carolina Gamecocks
Sun 7pm Sky Sports Mix

LIVE Milwaukee Bucks v Philadelphia 76ers
Sun 7pm TNT Sports 2

NBA Eastern Conference fixture.

LIVE Cleveland Cavaliers v Minnesota Timberwolves
Mon 12m't TNT Sports 1

The NBA inter-conference match.

LIVE Milwaukee Bucks v Golden State Warriors
Mon 1am TNT Sports 2

The NBA inter-conference game.

LIVE Kentucky Wildcats v Tennessee Volunteers
Tue 12m't Sky Sports Mix

LIVE Indiana Pacers v New York Knicks
Tue 12.30am TNT Sports 1

NBA Eastern Conference fixture.

LIVE Phoenix Suns v Memphis Grizzlies
Tue 3am TNT Sports 1

LIVE Boston Celtics v San Antonio Spurs
Wed 12m't TNT Sports 1

The NBA inter-conference fixture.

LIVE Dallas Mavericks v Golden State Warriors
Wed 2.30am TNT Sports 1

NBA Western Conference game.

LIVE Minnesota Timberwolves v Oklahoma City Thunder
Thu 1.30am TNT Sports 1

Snooker

Kyren Wilson is in action at the Welsh Open this week



LIVE NBA
Fri 2am TNT Sports 1
The All-Stars Rising Challenge.

BOXING

LIVE Derek Chisora v Otto Wallin
Sat 6.30pm TNT Sports 1
Coverage of the heavyweight bout from Co-op Live in Manchester.

LIVE Matt McHale v Brandon Daord
Sat 9pm BBC2 (N Ireland & Wales only) & BBC Scotland
The bout for the vacant British super flyweight title in East Kilbride.

LIVE Denys Berinchyk v Keyshawn Davis
Fri 1am Sky Sports Main Event & Sky Sports NFL
The WBO world lightweight title bout from The Theatre at MSG.

COMBAT SPORTS

LIVE UFC 312 Prelims
Sat 1am TNT Sports 1

LIVE Dricus du Plessis v Sean Strickland
Sat 3am TNT Sports 1
Coverage of the UFC middleweight title bout from Qudos Bank Arena.

CRICKET

LIVE SA20
Sat 3pm Sky Sports Cricket
The final from Johannesburg.

LIVE Sri Lanka v Australia
Sat 4.15am TNT Sports 3; Sun 4.15am TNT Sports 1

Days four and five of the second and final Test.

LIVE India v England

Sun 7.30am TNT Sports 1

The second ODI from Barabati Stadium. See page 29.

LIVE Sri Lanka v Australia

Tue 4.15am TNT Sports 2

Coverage of the first ODI staged at Galle International Stadium.

LIVE India v England

Wed 7.30am TNT Sports 1

The third and final ODI in Ahmedabad.

LIVE Sri Lanka v Australia
Thu 4.15am TNT Sports 3
The second and final ODI from R. Premadasa Stadium.

LIVE Gujarat Giants v Royal Challengers Bengaluru
Fri 1.50pm Sky Sports Cricket
The WPL game at Kotambi Stadium.

CYCLING

LIVE Women's UAE Tour
Sat 10.50am & Sun 11am Euro2
Coverage of stages three and four.

LIVE Cyclo-Cross
Sat 12.35pm Euro2
The women's race in Middelkerke.

LIVE Cyclo-Cross
Sat 2.05pm Euro2
The men's race from Middelkerke.

LIVE Tour of Valencia
Sat 3.15pm & Sun 3.05pm Euro2
Coverage of stages four and five.

LIVE Women's Tour of Valencia
Sun 10am Euro2
The one-day race from Spain.

LIVE Cyclo-Cross
Sun 12.40pm Euro2
The women's race in Lille, Belgium.

LIVE Cyclo-Cross
Sun 1.55pm Euro2
The men's race from Lille, Belgium.

LIVE European Track Championships
Wed 5.45pm, Thu & Fri 5.15pm Euro2
Days one to three from Belgium.

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports+
Night two at OVO Hydro in Glasgow.

GOLF

LIVE African Amateur Championship
Sat 8am Sky Sports Mix
Coverage of the fourth day at Leopard Creek in South Africa.

LIVE The Qatar Masters
Sat 9.30am & Sun 8.30am Sky Sports Main Event & Sky Sports Golf
The third and fourth days staged at Doha Golf Club.

LIVE WM Phoenix Open
Sat 4pm & Sun 3.30pm Sky Sports Golf; Sat 6pm & Sun 3.30pm Sky Sports Main Event
Days three and four from TPC Scottsdale in Arizona.

LIVE Aramco Team Series
Thu & Fri 10.30am Sky Sports Golf; Fri 11am Sky Sports Main Event
The second stage at Riyadh Golf Club in Saudi Arabia.

LIVE Genesis Invitational
Thu & Fri 3.30pm Sky Sports Golf; Thu 11pm & Fri 10.45pm Sky Sports Main Event
Days one and two from Torrey Pines Golf Course, San Diego.

HORSE RACING

LIVE Newbury
Sat 1.25pm ITV4
Featuring the Game Spirit Chase.

ICE HOCKEY

LIVE Vancouver Canucks v Toronto Maple Leafs
Sat 12m't Premier Sports 2
The NHL inter-conference match.

LIVE Los Angeles Kings v Anaheim Ducks
Sat 3.30am Premier Sports 1
NHL Western Conference match.

LIVE Brynas v Lulea
Thu 5.55pm Premier Sports 1

MOTORSPORT

LIVE FIA Formula E
Thu 3.30pm ITV1 & SAT (kick-off 2.15pm)
The Six Nations clash at Stadio Olimpico. See p29.

LIVE World Rally Championship
Fri 8.15am, 1.15pm & 6pm TNT Sports 1
Coverage of the Rally Sweden.

LIVE FIA Formula E
Fri 12.15pm TNT Sports 2
Jeddah ePrix first qualifying session.

LIVE FIA Formula E
Fri 4pm ITV4 & 5pm TNT Sports 2
The first race of the Jeddah ePrix.

NETBALL

LIVE Malawi v South Africa
Sat 2.30pm Sky Sports Mix
The Nations Cup match in London.

LIVE England v Uganda
Sat 4.30pm Sky Sports Mix
The Nations Cup game in London.

LIVE Nations Cup third-place play-off
Sun 1pm Sky Sports Mix
From Copper Box Arena, London.

LIVE Nations Cup final
Sun 3.30pm Sky Sports Mix
From Copper Box Arena, London.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY LEAGUE

LIVE Penrith Panthers v Canberra Raiders
Sat 6.30am Sky Sports+

LIVE Canberra Raiders v Cronulla-Sutherland Sharks
Thu 8.50am Sky Sports Main Event & Sky Sports Action

LIVE Wigan Warriors v Leigh Leopards
Thu 7pm Sky Sports Action (kick-off 8pm)
The opening match of the Super League season at the Brick Community Stadium. See p29.

LIVE Newcastle Knights v Parramatta Eels
Fri 7am Sky Sports Main Event & Sky Sports Action

LIVE North Queensland Cowboys v Dolphins
Fri 9am Sky Sports Main Event & Sky Sports Action

LIVE Hull Kingston Rovers v Castleford Tigers
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm)
The Super League match at Sewell Group Craven Park.

LIVE Catalans Dragons v Hull FC
Fri 8pm Sky Sports+ (k-o 8pm)
Available on Sky Sports+ streaming.

LIVE New Zealand Warriors v Melbourne Storm
Fri 2.30am Sky Sports Mix

LIVE South Sydney Rabbitohs v Manly Warringah Sea Eagles
Fri 4.30am Sky Sports Mix

RUGBY UNION

LIVE Stormers v Bulls
Sat 11.55am Premier Sports 2
United Rugby Championship game.

LIVE Bristol Bears Women v Exeter Chiefs Women
Sat 12noon TNT Sports 1 (kick-off 12.15pm)
Premiership Women's Rugby match.

LIVE Italy v Wales
Thu 1.30pm ITV1 & SAT (kick-off 2.15pm)
The Six Nations clash at Stadio Olimpico. See p29.

LIVE England v France
Sat 4.15pm ITV1 (kick-off 4.45pm)
Six Nations at Twickenham. See p29.

LIVE Scotland v Ireland
Sun 2pm BBC1 (kick-off 3pm)
The Six Nations encounter. See p29.

LIVE Crusaders v Hurricanes
Fri 6am Sky Sports Mix
Coverage of the Super Rugby game.

LIVE Waratahs v Highlanders
Fri 8.30am Sky Sports Mix
Coverage of the Super Rugby match.

LIVE Ospreys v Leinster
Fri 7pm Premier Sports 1 & 7.15pm BBC2 (Wales only) (kick-off 7.35pm)
United Rugby Championship game.

LIVE Edinburgh v Zebre
Fri 7pm Premier Sports 2 (kick-off 7.35pm)
United Rugby Championship match.

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Football planner

LIVE Fijian Drua v Brumbies
Fri 3.30am Sky Sports+
Coverage of the Super Rugby game.

SKIING

LIVE Nordic Combined Skiing
Sat & Sun 8.05am,
9.05am & 1pm Euro1
Coverage from Otepää in Estonia

LIVE Alpine Skiing
Sat & Sun 10.10am Euro1
The downhill events in Saalbach.

LIVE Alpine Skiing
Tue & Wed 8.45am
& 12noon Euro2
Coverage from Saalbach, Austria.

LIVE Biathlon
Wed 1.15pm Euro2
Mixed relay event in Switzerland.

LIVE Alpine Skiing
Thu 8.15am & 12noon Euro2
The women's giant slalom in Austria.

LIVE Alpine Skiing
Fri 8.15am & 12.15pm Euro2
The men's giant slalom in Saalbach.

LIVE Cross-Country Skiing
Fri 11am Euro2
The sprint classics from Falun.

LIVE Biathlon
Fri 1.55pm Euro2
Women's 7.5km sprint in Switzerland.

SNOOKER

LIVE Welsh Open
Mon & Tue 10am & 7pm BBC2
(Wales only), 1pm & 7pm Euro1
Coverage of days one and two
from Venue Cymru in Llandudno.

LIVE Welsh Open
Wed 10am & 7pm, Thu 1pm
& 7pm, Fri 12noon, 7pm &
9.35pm BBC2 (Wales only);
Wed & Thu 1pm & 7pm, Fri
11.45am & 6.45pm Euro1
Days three to five.

TENNIS

LIVE WTA Abu Dhabi Open
Sat 1pm Sky Sports Tennis
Coverage of the final at Zayed Sports
City International Tennis Centre.

**LIVE ATP Rotterdam Open
and ATP Dallas Open**
Sat 6.30pm Sky Sports Tennis

LIVE ATP Dallas Open
Sat 8pm Sky Sports+; Sat 11pm
& Sun 7pm Sky Sports Tennis; Sat
11.30pm Sky Sports Main Event
Coverage of days six and seven
from Texas, featuring the final.

LIVE WTA Doha Open
Sun 11am & 5pm, Mon & Tue
11am Sky Sports+; Sun-Tue 11am
Sky Sports Tennis; Mon & Tue
11am Sky Sports Main Event
Coverage of days one to three at
Khalifa International Tennis and
Squash Complex in Doha, Qatar.

LIVE ATP Rotterdam Open
Sun 2.30pm Sky Sports Tennis
The final from Rotterdam Ahoy.

LIVE WTA Cluj Open
Sun 3pm Sky Sports+
Coverage of the final at BT Arena.

WINTER SPORTS

LIVE Ski Jumping
Sat 2.45pm, 7.20pm & 9.45pm,
Sun 1.40pm, 2.45pm Euro1
From Lake Placid in New York.

LIVE Ski Jumping
Fri 6.55am Euro2
Coverage from Sapporo in Japan.

Saturday 8

**LIVE Newcastle Jets
v Melbourne Victory**
6am TNT Sports 1 (kick-off 6am)

**LIVE Canberra United
Women v Central
Coast Mariners Women**
6am TNT Sports 3 (kick-off 6am)

**LIVE Sydney FC v Western
Sydney Wanderers**
8.30am TNT Sports 1
(kick-off 8.35am)

**LIVE Newcastle Jets Women
v Melbourne City Women**
8.45am TNT Sports 3
(kick-off 8.45am)

LIVE Sunderland v Watford
11am Sky Sports Main Event & Sky
Sports Football (k-o 12.30pm)
The Championship match.

**LIVE Leyton Orient
v Manchester City**
12noon BBC1 (kick-off 12.15pm)
The FA Cup fourth-round match
staged at Gaughan Group Stadium.
See page 29.

**LIVE West Bromwich Albion
v Sheffield Wednesday**
12.25pm Sky Sports+
(kick-off 12.30pm)
The Championship fixture.

LIVE Celta Vigo v Real Betis
12.55pm Premier Sports 1
(kick-off 1pm)

LIVE Celtic v Raith Rovers
5pm Premier Sports 2
(kick-off 5.30pm)
The Scottish Cup fifth-round match.

**LIVE Borussia
Mönchengladbach
v Eintracht Frankfurt**
5.20pm Sky Sports Football &
Sky Sports+ (kick-off 5.30pm)
The Bundesliga game.

LIVE Las Palmas v Villarreal
5.25pm Premier Sports 1
(kick-off 5.30pm)
Coverage of the LaLiga fixture.

**LIVE Birmingham City
v Newcastle United**
5.30pm BBC1 (kick-off 5.45pm)
The FA Cup fourth-round game
staged at St Andrew's.

**LIVE Brighton & Hove Albion
v Chelsea**
7.15pm ITV4 (kick-off 8pm)
The FA Cup fourth-round clash
at AMEX Stadium.

**LIVE Real Madrid
v Atlético Madrid**
7.55pm Premier Sports 1 & 8pm
Premier Sports 2 (kick-off 8pm)
The LaLiga match at Bernabeu.

Sunday 9

**LIVE Sydney FC Women
v Western United Women**
6am TNT Sports 4 (kick-off 6am)

**LIVE Macarthur FC
v Western United**
6am TNT Sports 2 (kick-off 6am)

LIVE Espanyol v Barcelona
11am TNT Sports 4 (kick-off 11am)

**LIVE Bristol City
v Swansea City**
11.30am Sky Sports Main Event
& Sky Sports Football
(kick-off 12noon)
The Championship match.



LIVE CHAMPIONS LEAGUE

Play-offs

Tue & Wed, TNT Sports

Celtic and Manchester City face European royalty as both teams bid to join Liverpool, Arsenal and Aston Villa in the last-16 stage of the Champions League. The British clubs are up against Real Madrid and Bayern Munich in the first legs of the play-offs, with the second legs held next week.

**LIVE Aberdeen v
Dunfermline Athletic**
12noon Premier Sports 2
(kick-off 12.30pm)
The Scottish Cup fifth-round game.

**LIVE Blackburn Rovers
v Wolves**
BBC iPlayer (kick-off 12.30pm)
The FA Cup fourth-round tie.

LIVE Alaves v Getafe
12.55pm Premier Sports 1

**LIVE Plymouth Argyle
v Liverpool**
2.15pm ITV1 (kick-off 3pm)
FA Cup fourth round at Home Park.

LIVE Cliftonville v Portadown
2.55pm Sky Sports Football

LIVE Rangers v Queen's Park
3pm Premier Sports 2
(kick-off 3.30pm)
The Scottish Cup fifth-round fixture.

LIVE Valencia v Leganes
3.10pm Premier Sports 1
The LaLiga fixture from Mestalla.

**LIVE Swansea City
v The New Saints**
5.15pm S4C (kick-off 5.30pm)

**LIVE Aston Villa v
Tottenham Hotspur**
5.20pm BBC1 (kick-off 5.35pm)
Coverage of the FA Cup fourth-
round match staged at Villa Park.

LIVE Real Sociedad v Espanyol
5.25pm Premier Sports 1
(kick-off 5.30pm)

LIVE Real Oviedo v Eldense
7.25pm Premier Sports 2
(kick-off 7.30pm)

LIVE Sevilla v Barcelona
7.55pm Premier Sports 1
(kick-off 8pm)
Coverage of the LaLiga fixture.

Monday 10

LIVE St Mirren v Hearts
7.30pm BBC Scotland
(kick-off 7.45pm)

**LIVE Doncaster Rovers
v Crystal Palace**
BBC iPlayer (kick-off 7.45pm)
The FA Cup encounter.

LIVE Mallorca v Osasuna
7.55pm Premier Sports 1

Tuesday 11

**LIVE VfB Stuttgart U19
v Liverpool U19**
1pm TNT Sports 1 (kick-off 1pm)



LIVE PREMIER LEAGUE

Everton v Liverpool

Wednesday, kick-off 7.30pm,
TNT Sports 1

Everton fans will want to derail their neighbours' title ambitions in potentially the last-ever Merseyside derby at Goodison Park before the Toffees move to a new stadium next season. In his first spell at the club, David Moyes faced the Reds 25 times, winning just four games.



LIVE PREMIER LEAGUE

Brighton v Chelsea

Friday, kick-off 8pm,
Sky Sports Main Event &
Sky Sports Premier League

Just six days after the sides' FA Cup fourth-round clash, Chelsea return to the Amex in the league as both teams seek a place in Europe. Former Seagulls stars Moisés Caicedo, Marc Cucurella and Robert Sánchez could all feature.

Wednesday 12

LIVE Champions League
5.30pm TNT Sports 2
A knockout-phase play-off first leg.

LIVE Champions League
7pm TNT Sports 1
A knockout-phase play-off first leg.

**LIVE Exeter City v
Nottingham Forest**
7.30pm ITV1 (kick-off 8pm)
Coverage of the FA Cup fourth-
round match from St James Park.

**LIVE Norwich City
v Preston North End**
7.30pm Sky Sports Main Event &
Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Watford v Leeds United
7.35pm Sky Sports+
(kick-off 7.45pm)
Coverage of the Championship
match from Vicarage Road.

LIVE Champions League
7.45pm TNT Sports 2
A knockout-phase play-off first leg.

Wednesday 12

**LIVE Midtjylland U19
v Manchester City U19**
1pm TNT Sports 3 (kick-off 1pm)
UEFA Youth League last-32 game.

LIVE Champions League
5.30pm TNT Sports 3
A knockout-phase play-off first leg.

LIVE Everton v Liverpool
6.30pm TNT Sports 1
(kick-off 7.30pm)
Coverage of the Premier League
match staged at Goodison Park.

LIVE Champions League
7pm TNT Sports 2
A knockout-phase play-off first leg.

**LIVE Sheffield United
v Middlesbrough**
7.30pm Sky Sports Main Event &
Sky Sports Football (kick-off 8pm)
The Championship match
staged at Bramall Lane.

LIVE Champions League
7.45pm TNT Sports 4
A knockout-phase play-off first leg.

LIVE Champions League
7.45pm TNT Sports 3
A knockout-phase play-off first leg.

**LIVE West Bromwich Albion
v Blackburn Rovers**
7.50pm Sky Sports+
(kick-off 8pm)
Coverage of the Championship
match from the Hawthorns.

Thursday 13

LIVE Europa League
5.30pm TNT Sports 4
A knockout-phase play-off first leg.

LIVE Europa League
5.30pm TNT Sports 2
A knockout-phase play-off first leg.

LIVE Conference League
5.30pm TNT Sports 3
A knockout-phase play-off first leg.

LIVE Europa League
7pm TNT Sports 1
A knockout-phase play-off first leg.

LIVE Port Vale v Notts County
7.30pm Sky Sports Football
(kick-off 8pm)
Coverage of the League Two match.

LIVE Europa League
7.45pm TNT Sports 4
A knockout-phase play-off first leg.

LIVE Europa League
7.45pm TNT Sports 2
A knockout-phase play-off first leg.

LIVE Conference League
7.45pm TNT Sports 3
A knockout-phase play-off first leg.

Friday 14

**LIVE Western Sydney
Wanderers Women v
Newcastle Jets Women**
8am TNT Sports 2 (kick-off 8am)

**LIVE Melbourne Victory
v Wellington Phoenix**
8.30am TNT Sports 4
(kick-off 8.35am)

**LIVE Brighton & Hove
Albion v Chelsea**
7pm Sky Sports Main
Event & Sky Sports Premier
League (kick-off 8pm)

The Premier League match
staged at AMEX Stadium.

LIVE Glasgow City v Celtic
7.15pm BBC Scotland
(kick-off 7.30pm)

LIVE FC Augsburg v RB Leipzig
7.20pm Sky Sports Mix
(kick-off 7.30pm)
Coverage of the Bundesliga fixture.

LIVE QPR v Derby County
7.30pm Sky Sports Football
(kick-off 8pm)
The Championship match.

**LIVE Adelaide United Women
v Canberra United Women**
5.45am TNT Sports 3

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Comedy



PREMIERE

Turn Me On

Sky Premiere, 7.45am & 6.10pm

In a utopian community where a pill is taken to suppress all emotions, a young woman decides to skip her daily dose.

Football



LIVE!

FA Cup Fourth Round

BBC1 & ITV4

Coverage of the cup games between Leyton Orient v Man City, Birmingham City v Newcastle and Brighton v Chelsea.

Rugby Union



LIVE!

Six Nations

ITV1 & S4C, from 1.30pm

Round two of this year's Championship continues with Italy v Wales (k-o 2.15pm) and England v France (k-o 4.45pm).

OnDemand



Elevation

Available today

Post-apocalyptic thriller, in which survivors live at high altitude, away from apex predators. Stars Anthony Mackie.

PREMIERE

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES

101 BBC1	5.30 Football: The FA Cup - Live	8.10 Michael McIntyre's Big Show	9.10 Casualty	10.00 News	10.20 Match of the Day... †
102 BBC2	7.10 Liz Bonnin's Wild Caribbean	8.10 Heartbreakers at the BBC: Volume 3	9.10 Love Songs at the BBC: Volume 3	10.10 Heartbreakers at the BBC...	
103 ITV1	7.00 The Masked Singer	8.30 The 1% Club	9.30 North Shore	10.20 News	10.35 English...
104 CHANNEL 4	7.10 Our Farm Next Door: Amanda, Clive...	8.10 All Aboard! Scotland's Poshest Train	9.10 Film: The Lost City		
105 CHANNEL 5	7.00 St James's: The King's High Street	8.00 Glamis Castle: A Royal Retreat	9.30 William & Harry: Love & Betrayal		
106 SKY SHOWCASE	6.30 Mayhem!...	7.30 Landscape Artist of the Year	8.30 A League of Their Own	9.30 Film: The Bourne Legacy	

ENTERTAINMENT

115 BBC3	7.00 Film: The Secret Life of Pets 2	8.20 Top Gear	9.20 Two Pints of Lager and a Packet of Crisps		
116 BBC4	7.00 Ulster... 7.20 All Creatures Great and Small		9.00 Wisting	10.30 Parkinson	
118 ITV2	7.05 Film: Legally Blonde		9.00 Love Island: All Stars: Unseen Bits	10.05 Family Guy	
136 MORE4	6.55 Four in a Bed 7.55 999: On the Front Line		9.00 24 Hours in A&E		
135 E4	6.55 Film: Home Alone		9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		9.00 Coroner	10.00 Elsbeth	
108 SKY ATLANTIC	6.55 The Sopranos	8.00 Riviera		10.00 Game of Thrones	
110 U&GOLD	5.40 Only Fools and Horses		9.35 Mrs Brown's Boys	10.10 Billy Connolly Does...	
111 U&DAVE	6.40 Mortimer & Whitehouse: Gone...	8.00 Special Ops: To Catch a Criminal	9.00 Not Going Out	9.40 Not Going Out Live	10.20 Not Going Out
119 ITV3	7.00 Midsomer Murders		9.00 Vera		
120 ITV4	7.15 Football: The FA Cup - Live: Brighton & Hove Albion v Chelsea (Kick-off 8.00)			10.20 River Monsters	
112 COMEDY CENTRAL	6.40 Friends		9.00 Film: Scream 4		
139 SKY SCI-FI	7.00 Star Trek: Voyager		9.00 The Walking Dead		
113 SKY MAX	7.00 NCIS: New Orleans	8.00 A League of Their Own	9.00 Strike Back: Vengeance	10.00 The Walking Dead: The Ones Who Live	
109 U&ALIBI	7.00 Father Brown	8.00 Shakespeare & Hathaway: Private Investigators		10.00 Beyond Paradise	
130 SKY ARTS	6.25 AC/DC: Live at Donington		9.00 Greatest Guitar Riffs		
132 U&W	7.00 Outnumbered		9.00 Gavin & Stacey		

DOCUMENTARY

125 DISCOVERY	7.00 Gold Divers	8.00 Harpoon Hunters	9.00 Marooned with Ed Stafford	10.00 Mystery at Blind Frog Ranch	
162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Guardians of Rescue	9.00 Animal Cops Houston	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation			10.00 No Man Left Behind	
123 SKY HISTORY	7.00 Greatest Heists with Pierce Brosnan		9.00 The Witches of Salem		
155 U&YESTERDAY	7.00 The Warship: Tour of Duty	8.00 Mediterranean with Simon Reeve		10.00 'Allo 'Allo!	
121 SKY DOCS	7.10 I Am Heath Ledger		9.00 The Wimbledon Kidnapping		

FILMS - Sky Cinema

301 PREMIERE	6.10 Turn Me On	8.00 The Bikeriders	10.00 Furiosa: A Mad Max Saga		
302 VALENTINE	5.55 Valentine's Day	8.00 Crazy Rich Asians	10.00 No Hard Feelings		
303 HITS	6.15 IF	8.00 Ghostbusters: Frozen Empire	10.00 Five Nights at Freddy's		
304 GREATS	5.50 Superman II	8.00 Superman III	10.05 Superman IV - The Quest for...		
305 ANIMATION	7.10 Madagascar 3: Europe's Most Wanted	8.50 Sinbad: Legend of the Seven Seas	10.25 Scooby-Doo!...		
306 FAMILY	6.00 Hook	8.30 Small Soldiers	10.30 Reuniting the...		
307 STUNTS	5.55 Mad Max: Fury Road	8.00 Furiosa: A Mad Max Saga	10.35 Sin City		
308 BRIDGET JONES	6.10 Bridget Jones: The Edge of Reason	8.00 Bridget Jones's Baby	10.15 Bridget Jones's Diary		
309 THRILLER	6.20 Dead Shot	8.00 Public Enemies	10.25 Changing Lanes		
310 DRAMA	6.00 Lee	8.00 Dunkirk	10.00 Steve Jobs		
311 SCI-FI	6.00 Dorian Gray	8.00 Interstellar			
313 FILM4	6.55 Gifted		9.00 Deadpool 2		

SPORT

401 MAIN EVENT	6.00 PGA Tour Golf - Live: The WM Phoenix Open				
402 PREMIER LEAGUE	7.00 Unpacked	7.30 My Origin Story	8.00 Chasing the Dream	10.00 Class of '92: Full Time	
403 FOOTBALL	5.20 Bundesliga...	7.30 EFL		9.45 EFL Cup Highlights	
404 CRICKET	3.00 SA20 - Live	8.00 Best of ICC WT20		10.00 SA20	
410 TNT SPORTS 1	6.30 Fight Night Live - Live: Derek Chisora v Otto Wallin				
411 TNT SPORTS 2	7.00 UEFA Europa League & Conference...	8.00 NBA Action	8.30 NBA on Fire	9.00 NBA - Live: Los Angeles Lakers v Indiana Pacers (Tip-off 9.00)	



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.45 **Saturday Kitchen** *New edition*
Host Matt Tebbutt celebrates 40 years of *EastEnders*. (S)
11.15 **Rick Stein's Cornwall** (S)(R)(AD)
11.45 **BBC News** (S)
12.00 NOON **LIVE Football: The FA Cup**
Leyton Orient v Manchester City: Coverage of the fourth-round tie from Gaughan Group Stadium. Kick-off is at 12.15. (S)
2.30 PM **Garden Rescue** (S)(R)
3.15 **Escape to the Country** (S)(R)
4.00 **Final Score** Results round-up. (S)
5.10 **BBC News** (S)
5.20 **Local News** (S)
5.30 **LIVE Football: The FA Cup**
Birmingham City v Newcastle United: The fourth-round tie from St Andrew's @ Knighthead Park. Kick-off is at 5.45. (S)



8.10 **Michael McIntyre's Big Show**

LIVE Football: The FA Cup
(started at 5.30pm)

BBC2

- 102** **102** **2** **102** **102**
- 6.15** AM **Children's Programmes**
8.50 **Monty Don's British Gardens** (R)
9.50 **FILM Odette** Fact-based spy drama starring Anna Neagle. (S) (1950, b/w, PG, 115min) ★★★★★
11.45 **Simply Nigella** (S)(R)(AD)
12.15 PM **Raymond Blanc's Kitchen Secrets** Dishes using game and mushrooms. (S)(R)(AD)
12.45 **The Best Dishes Ever** Focusing on spicy and exotic dishes. (S)(R)
1.15 **FILM Doctor Zhivago** David Lean's romantic drama starring Omar Sharif and Julie Christie. (S)(AD) (1965, PG, 185min) ★★★★★
4.20 **Flog It!** From Surrey. (S)(R)
5.05 **Hidden Treasures of the National Trust** 6/6. At Chirk Castle, a rare, full-length portrait of a servant from the 18th century reveals its secrets. (S)(R)(AD)



8.10 **Heartbreakers at the BBC: Vol 3**

- 6.05** **The Balkans: Europe's Forgotten Frontier**
1/2. Katya Adler travels to Croatia, Bosnia and Albania to see how this corner of Europe has changed 30 years on from the Yugoslav wars of independence. (S)(R)(AD)
7.10 **Liz Bonnin's Wild Caribbean**
3/4. Liz explores the volcanic islands of the Lesser Antilles, joining residents of Mayreau who are repairing their island's vibrant coral that has been damaged by disease. (S)(R)(AD)
8.10 **NEW Heartbreakers at the BBC: Volume 3**
Featuring songs of sorrow and heartache by music stars including Aretha Franklin, Dolly Parton, Arctic Monkeys, One Direction, Boyz II Men and George Michael. (S)
9.10 **Love Songs at the BBC: Volume 3**
A selection of performances of love songs from the BBC's music archive, featuring The Carpenters, The Three Degrees, Simply Red, Meat Loaf, Rihanna and Harry Styles. (S)(R)
10.10 **Heartbreakers at the BBC: Volume 2**
A selection of classic sad songs, featuring performances by Sade, The Righteous Brothers, and Lewis Capaldi. (S)(R)
11.10 **Love Songs at the BBC: Volume 2**
Love songs from the BBC archives, featuring Nat King Cole, Shania Twain and Billy Joel. (S)(R)
12.10 AM **Heartbreakers at the BBC**
Classic heartbreak songs. (S)(R)
1.10 **Love Songs at the BBC: A Valentine's Day Special**
Romantic songs, including tracks by Celine Dion and 10cc. (S)(R)
2.10 **Sign Zone: Call the Midwife** (S)(R)
3.10 to **6.40** AM **Previews** (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM **Dancing on Ice** (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** With Gary Kemp. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** *New edition* With Paul Foster. (S)
11.40 **NEW SERIES Nisha Katona's Home Kitchen** The restaurateur shares her passion for food. (S)
12.40 PM **James Martin's French Adventure** Annecy. (S)(R)(AD)
1.10 **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Rugby Union: Six Nations**
Italy v Wales: The opening match in the second round of fixtures from Stadio Olimpico. Kick-off at 2.15. (S)
4.15 **LIVE Rugby Union: Six Nations**
England v France: All the action from Allianz Stadium Twickenham. Kick-off at 4.45. (S)(AD)



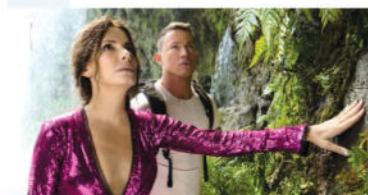
9.30 **North Shore**

- LIVE Rugby Union: Six Nations**
(started at 4.15pm)
- 7.00** **The Masked Singer**
New edition 7/8. Joel Dommett hosts as the five Masked Singers perform in the semi-final, where a double elimination will decide the three finalists. Richard E Grant joins Maya Jama, Davina McCall, Jonathan Ross on the judging panel. (S)(AD)
8.30 **The 1% Club**
New edition Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)
9.30 **North Shore**
Series finale 6/6. What happened on the night that Sophie died is finally revealed, and Meg and Max have to decide what justice looks like in this case. (S1) (S)(AD)
■ Entire series on ITVX
10.20 **ITV News** (S)
10.35 **English Football League Highlights**
The latest EFL action, including Sunderland v Watford in the Championship. (S)
11.35 **The Murder of Olly Stephens: Social Media Murders** 3/3. The chilling plot carried out by the killers of Olly Stephens. (S)(R)(AD)
12.35 AM **Teleshopping**
3.00 **North Shore** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 to **6.00** AM **The Royal Beat** (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.00** AM **Cheers** 18&19/28. (S1) (S)(R)
6.55 **Everybody Loves Raymond**
18&19/22. (S1) (S)(R)(AD)
7.45 **Frasier** 16-19/24. (S4) (S)(R)(AD)
9.45 **The Simpsons** (S)(R)(AD)
10.50 **FILM Daddy Day Care** Comedy with Eddie Murphy and Jeff Garlin. (S) (2003, PG, 110min) ★★★★★
12.40 PM **FILM Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (S)(AD) (2011, 12, 175min) ★★★★★
3.35 **Location, Location, Location**
Kirstie Allsopp and Phil Spencer help two couples search for new homes in Edinburgh. (S)(R)
4.35 **Grand Designs Revisited** Kevin McCloud checks out the progress on Jon and Noreen's treehouse in Gloucestershire. (S)(R)(AD)
5.40 **News** (S)



9.10 **The Lost City**

- 6.10** **Sarah Beeny's New Life in the Country**
New edition Sarah and Graham prepare the farm for the arrival of two piglets, who soon give everyone the runaround. The family also head to Stonehenge. (S)(AD)
7.10 **NEW TO C4 Our Farm Next Door: Amanda, Clive and Kids**
1/5. Amanda Owen and her family breathe life back into a derelict farmhouse. *Previously shown on More4*. (S)(AD)
8.10 **All Aboard! Scotland's Poshest Train**
1/4. Alan Cumming goes on a trip aboard the *Royal Scotsman* train through the heart of Scotland. In the first edition, Alan receives an exclusive tour of the train. (S)(R)
9.10 **FILM The Lost City**
Comedy adventure starring Sandra Bullock, Channing Tatum and Daniel Radcliffe. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both of them in danger. (S) (2022, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **FILM Jojo Rabbit** Satirical comedy starring Roman Griffin Davis, Thomasin McKenzie and Scarlett Johansson. (S)(AD) (2019, 12, 120min) ★★★★★
1.20 AM **Ramsay's Hotel Hell** (S)(SL)(R)
2.10 **Kirstie and Phil's Love It or List It**
From Lancashire. (S)(SL)(R)(AD)
3.05 **Sunday Brunch Best Bits** (S)(R)
3.20 **The Simpsons** (S)(R)(AD)
4.10 to **5.50** AM **Frasier** (S)(R)(AD)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.10 Cruising with Jane McDonald:
Down Under Triple bill. (S)(R)
12.30 PM The Weekend Travel Show
New edition Tips on the best autobiographies to help ignite a traveller's wanderlust. (S)
2.00 Susan Calman's Grand Day Out
 Double bill of editions. (S)(R)
4.00 Happy Campers: The Caravan Park 3/8. At Crealy Theme Park & Resort, duty manager Graham is concerned about some dogs that have been left inside a vehicle. (S)(R)
5.00 4/8. Kieran works against the clock to drain, clean and refill the hot tubs in time for the new arrivals. (S)(R)



LAST ONE

9.30 William & Harry

- 6.00 Supermarket Own Brands: The Big Taste Test**
 Mr Motivator and a panel of three consumers taste test supermarkets' own healthier options. (S)(R)
6.55 News (S)
7.00 St James's: The King's High Street
 A look at the central London luxury shopping destination, meeting the characters who run these world-famous stores. (S)(R)
8.00 Glamis Castle: A Royal Retreat
 A look at the castle in Angus in Scotland, which was the childhood home of Queen Elizabeth, the Queen Mother, and playground for her daughter Elizabeth, the future queen. (S)(R)
9.30 William & Harry: Love & Betrayal
Series finale 2/2. The concluding part of the documentary examines Harry's marriage to Meghan, how that has impacted his relationship with William, and what the future holds for the brothers. (S)

- 11.05 Most Shocking Moments of the 80s** Celebrity scandals that defined the decade. (S)(R)
1.00 AM PlayOJO Live Casino Show
3.00 Thames at Night with Tony Robinson (S)(R)
3.50 Royal Brides: Diana to Meghan
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures**
 Animated adventures. (S)(R)
6.05 My Little Pony: Friendship is Magic Animation. (S)(R)
6.55 Where's Wally (S)(R)
7.45 Dig Detectives (S)(R)
8.00 Great Blue Wild (S)(R)
11.00 The Simpsons Six episodes of the animation, including at:
1.00 PM The Star of the Backstage: Marge stages a revival of a musical from her high school days. (S)(R)
1.30 Bart's in Jail! Grampa falls victim to a phone scam. (S)(R)
2.00 Gillette Labs Soccer Saturday
 Up-to-the-minute scores.
5.30 Battlefield Healers: Bosworth Field Documentary looking at the last significant battle of the Wars of the Roses. (S)(R)



9.30 The Bourne Legacy

- 6.30 Mayhem! The Secret Lives of the Georgian Kings**
George I - Luck and Loathing: 1/4. Dramatic reconstruction and expert testimony reveal unusual and seldom appreciated aspects of the Georgian era. The first edition focuses on the life of George I. (S)(R)
7.30 Landscape Artist of the Year
 Bristol's Clifton Suspension Bridge provides the setting for the latest heat. Hosted by Stephen Mangan, with judges Kathleen Soriano, Tai Shan Schierenberg and Kate Bryan. (S)(R)(AD)
8.30 A League of Their Own 5/8. Romesh Rangnathan hosts as England footballer Ollie Watkins guests alongside comedians Kevin Bridges and Maisie Adam. (R)
9.30 FILM The Bourne Legacy
 Spy thriller sequel starring Jeremy Renner, Rachel Weisz and Edward Norton. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 12.00 MT An Idiot Abroad** 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China. (S)(R)
1.00 AM From 7/10. Jade follows a trail in the forest. (S)(R)
2.00 8/10. Victor struggles to recover memories about the town's past. (S3) (S)(R)
3.00 Road Wars (S)(R)
4.00 to 6.00 AM Nothing to Declare

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 2.30pm Homes Under the Hammer** (S)(R) **3.30-4.00** Wynne & Joanna: All at Sea **New edition** (S) **10.20** Sportscentre: Scottish Cup Highlights (S)(R) **11.20** Match of the Day: The FA Cup (S) **12.40am NEW SERIES** The Six Nations Greatest Moments (S) **1.10 FILM** Starter for 10 (S)(AD) (2006, 12, 95min) ★★★★★
2.45 Weather for the Week Ahead (S) **2.50-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966

No variations

WALES

Sky 965, Virgin 864, Freesat 965

- 11.15-11.45am** Chris Cooks Cymru (S)(R)

BBC2

N. IRELAND

Sky 969, Freesat 969

- 6.05pm** Anna Haugh's Big Irish Food Tour (S)(R) **6.35** Barra on the Foyle (S)(R)
6.55 The Balkans: Europe's Forgotten Frontier (S)(R) (AD) **8.00** Liz Bonnin's Wild Caribbean (S)(R)(AD)
9.00-11.10pm LIVE Nations Fight Night (S)

WALES

Sky 968, Freesat 968

- 12.45pm** Nigel Slater's Dish of the Day (S)(R) **1.10** FILM Doctor Zhivago (S) (AD) (1965, PG, 185min) ★★★★★ **4.15** Flog It! (S) (R) **5.00** Hidden Treasures of the National Trust (S)(R) (AD) **6.00** The Balkans: Europe's Forgotten Frontier (S)(R)(AD)
7.00 Liz Bonnin's Wild Caribbean (S)(R)(AD) **8.00** Yellowstone: The Blazing Summer (S)(R)(AD) **9.00** LIVE Nations Fight Night (S) **11.10pm-12.10am** NEW Heartbreakers at the BBC: Volume 3 (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **8.00** Stwrnsh Sadwrn **10.00** Eryri: Pobol y Parc **11.00** Bois y Pizza: Chwe' Gwlad (AD) **11.30** Codi Pac **12.00noon** Ffermio **12.30pm** Teulur Castell **1.30 LIVE** Clwb Rygbi Rhyngwladol **4.45** Sgwrs Dan y Lloer **5.25** Cyngherddau Eisteddfod Genedlaethol 2024 **7.15** Newyddion a Chwaraeon **7.30** Noson Lawen **New edition** **8.30** Cwmni Theatr Maldwyn yn 40 **10.00** Cyfrinachau'r Llyfrgell **11.00-11.35pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM FILM The Secret Life of Pets 2** Animated sequel featuring the voice of Patton Oswalt. Max the terrier encounters canine-intolerant cows, hostile foxes and a scary turkey when he visits the countryside. (2019, U, 86min) ★★★
8.20 Top Gear James May meets former Formula 1 World Champion Mika Häkkinen to discover why Finns are such good racing drivers.
9.15 The Catch Up
9.20 Two Pints of Lager and a Packet of Crisps 7/10. Jonny makes a discovery about Corinthian's parentage. **9.50** 8/10. Janet starts her job managing The Archer. **10.20** 9/10. Janet attempts to keep the pub open. **10.50** 10/10. Horror-themed episode. (S6)
11.20 Peacock 1-3/3. (S1)
12.40 AM Life and Death Row
1.30 Boarders 1/6. (S2)
2.20 Press X on the BBC
2.30 to 4.00 AM Two Pints of Lager and a Packet of...

MORE4

136/137 831 147 18 124

- 8.55 AM** George Clarke's Amazing Spaces
9.55 Ugly House to Lovely House with George Clarke
11.00 George Clarke's Old House, New Home
12.00 NOON Four in a Bed
2.40 PM Come Dine with Me
5.20 Four in a Bed The contest begins at Swallows Rest in Weymouth, Dorset.
5.50 A visit to the Burley Inn in the New Forest.
6.25 The third visit is to Hotel Montville in Redditch.
6.55 Four in a Bed The final visit of the week is to the Silverton B&B in Shrewsbury. **7.25** The B&B owners meet one final time.
7.55 999: On the Front Line
 A three-month-old baby has stopped breathing and is unconscious.
9.00 24 Hours in A&E A woman with a severe form of autism is brought in by her sister, having suffered an injury to one of her fingers.
10.00 Doctors investigate the underlying medical conditions that may have caused a motorist to crash.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line
1.15 24 Hours in A&E
2.20 Emergency Helicopter Medics Documentary.
3.25 to 3.55 AM
 Food Unwrapped

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Ulster in Focus**
 A journey through the history of Northern Ireland's railways.
7.20 All Creatures Great and Small *The Name of the Game:* A flamboyant vet makes a big impression.
8.10 *Puppy Love:* James saves a dog and a marriage.
9.00 Wisting **New episode** 3/4. The detective's hunt for a killer in his cold case means he needs to question a second man in prison for murder. This leads him all the way to Lithuania and a collaboration with Interpol. **9.45** **Series finale** 4/4. New evidence appears to have led Wisting and the team to the killer they've been chasing. Subtitled. (S3) ■ Entire series on BBC iPlayer
10.30 *Parkinson* Michael talks to actor Jack Lemmon.
11.40 *Going Straight*
12.10 *AM As Time Goes By*
12.40 *Sunset Song*
2.55 *Scotland's Favourite Book*
3.25 to 3.45 AM
 Ulster in Focus

E4

135/136 830 106 13 122

- 6.00 AM** Rude(ish) Tube Shorts
6.15 The Goldbergs
8.35 Lego Masters Australia
10.05 Ramsay's Kitchen Nightmares USA
2.10 PM FILM Peter Rabbit
 Comedy adventure featuring the voice of James Corden. (2018, PG, 95min) ★★★★★
4.00 The Big Bang Theory
 Six episodes, including at:
6.00 11/24. The guys make fun of Penny's boyfriend.
6.30 12/24. Leonard has an idea for an app. (S4)
6.55 FILM Home Alone
 John Hughes' hit comedy starring Macaulay Culkin as a young boy left behind when his family go on holiday. With Joe Pesci, Daniel Stern, Catherine O'Hara and John Heard. (1990, PG, 100min) ★★★★★
9.00 Celebrity Gogglebox
 Famous faces appraise *The Piano*, *Bridgerton*, *Celebrity Bridge of Lies*, *The Sky at Night*, *UK's Strongest Man* and *Scam Interceptors*.
10.00 Gogglebox Wheel of Fortune, Trigger Point, Boarders, Love Is Blind and Michael McIntyre's Big Show are appraised.
11.05 Opinions on *One Day*, *Married at First Sight*, *Australia* and *Boarders*.
12.05 *AM First Dates*
2.15 Gogglebox
4.05 to 6.00 AM Ramsay's Kitchen Nightmares USA

SATURDAY Entertainment

Saturday

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM **Brit Cops: Law & Disorder** Double bill.
- 8.00 **Motorway Patrol**
- 9.00 **Highway Patrol**
- 10.00 **Border Patrol**
- 12.00 **NOON Border Security: Canada's Front Line** Trouble looms for a young woman carrying someone else's bag. 12.30 PM A hostile traveller spits out her true intentions.
- 1.00 **UK Border Force** Officers at Heathrow question a man from Johannesburg.
- 2.00 **Nothing to Declare**



10.00 **Elsbeth**

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.
- 8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

- 9.00 **Coroner Death Goes On:** 12/12. Part two of two. Jenny and Peggy face one another in a crazed scramble for life. (S4)

- 10.00 **Elsbeth Ball Girl:** 5/10. The team investigate when the world's top tennis champion drops dead on the court. (S1)
- 11.00 **Chicago Fire** 13/22. Firehouse 51 helps Herrmann put on a school iser, while Carver's brother comes to town. (S11)
- 12.00 **MT The Good Doctor** (S2)
- 1.00 **AM For Life** 9/13. (S1)
- 2.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Richard E Grant's Hotel Secrets** Four editions.
- 9.55 **Big Love** 3-7/12. (S1)
- 2.55 PM **The Sopranos** 7/21. Artie reaches crisis point as his business starts to go under. Guest stars Ben Kingsley and Lauren Bacall.
- 3.55 8/21. AJ causes problems for his family. (S6)
- 4.55 9/21. Paulie organises the annual Feast of St Elzear.
- 5.55 10/21. Johnny Sack's trial begins and Bobby sustains a serious eye injury. (S6)



10.00 **Game of Thrones**

- 6.55 **The Sopranos** *Cold Stones:* 11/21. Carmela's trip to Paris with Rosalie gives her a new outlook on life. (S6)

- 8.00 **Riviera** 3/8. Daphne reveals to Georgina how worthless Nico makes her feel, and Gloria confesses her suspicions.

- 9.00 **Riviera** 4/8. Georgina wakes up in a remote psychiatric facility and vows to seek revenge on Alex and Ellen. (S3)

- 10.00 **Game of Thrones** *Valar Dohaeris:* 1/10. Jon Snow tries to earn the trust of wildling leader Mance Rayder. (S3)

- 11.05 **Game of Thrones** 2/10. Guest stars Diana Rigg. 12.15 AM 3/10. Daenerys meets with the slavers as she moves to build an army. 1.25 4&5/10. (S3)
- 3.45 **Gomorra** 1/10. (S5)
- 4.50 to 6.00 AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 351

- 6.00 AM **Supergirl** 19&20/20. (S6)
- 8.00 **The Flash** 1-3/18. (S7)
- 11.00 **Grimm** 13-16/22. (S1)
- 3.00 PM **NCIS: New Orleans** 10/16. Rita tells Pride she has been offered a job in Kansas City. 4.00 11/16. A criminal Sebastian put behind bars escapes police custody. 5.00 12/16. Tammy profiles Hannah and Carter - with shocking accuracy. 6.00 13/16. Carter and Hannah work to define their new relationship. (S7)



9.00 **Strike Back: Vengeance**

- 7.00 **NCIS: New Orleans** *Illusions:* 14/16. Pride helps Connor come to terms with who his mother really is. (S7)

- 8.00 **A League of Their Own** Sports-based comedy quiz, featuring Ollie Watkins Kevin Bridges and Maisie Adam.

- 9.00 **Strike Back: Vengeance** 6/10. The Section 20 soldiers get their mission back on track and contact Knox's daughter Ava. (S3)

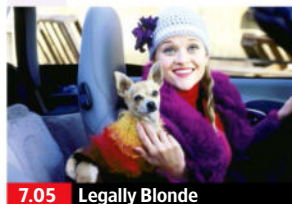
- 10.00 **The Walking Dead: The Ones Who Live** *What We:* 4/6. Michonne informs Rick about their son. (S1)

- 11.00 **Warrior** 8/10. Hop Wei and Long Zii gather for Mai Ling's wedding, while Li Yong receives a warning from Kong Pak. (S3)
- 12.00 **MT An Idiot Abroad** 1/8. Karl Pilkington goes on a world tour, beginning in China. 1.00 **AM From** 7&8/10. (S3)
- 3.00 **Road Wars**
- 4.00 to 6.00 AM **Air Ambulance ER**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
- 9.00 **Totally Bonkers** **Guinness World Records**
- 9.40 **Secret Crush** Double bill.
- 11.40 **Dinner Date** Double bill.
- 1.40 PM **The Masked Singer**
- 3.10 **Wheel of Fortune**
- 4.10 **Celebrity Catchphrase**
- 5.15 **FILM Kung Fu Panda 2** Animated adventure sequel with the voice of Jack Black. The roly-poly panda delves into his past in order to defeat a formidable new enemy. (2011, PG, 90min) ★★★★★



7.05 **Legally Blonde**

- 7.05 **FILM Legally Blonde** Comedy starring Reese Witherspoon as a seemingly ditzy blonde who enrolls at Harvard Law School and proves she is anything but dumb. With Luke Wilson. (2001, 12, 96min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Love Island: All Stars: Unseen Bits** *New edition* Featuring unseen moments and the hottest stories from the villa.

- 10.05 **Family Guy** 12/22. Meg goes on a date. (S11)
- 10.35 2/7. Peter unwittingly destroys the town's TV transmitter. (S1)

- 11.05 **Family Guy** 17/20. Lois is blocked from a holiday rental app after an accident. (S21)
- 11.35 **American Dad!** 8&2/23. (S1)
- 12.35 **AM The Sex Lives of College Girls** 1&2/10. (S3)
- 2.05 **Iain Stirling's CelebAbility** to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM **Bless This House**
- 6.30 **Inspector Morse** Double bill.
- 11.00 **FILM Bless This House** Comedy spin-off with Sidney James. (1972, U, 89min) ★★
- 12.55 PM **A Touch of Frost**
- 3.00 **Agatha Christie's Marple** *Sleeping Murder:* A woman experiences an unsettling vision after moving in to the home of her dreams.
- 5.00 **Midsomer Murders** *Death in the Slow Lane:* A DJ judging a car show is crushed to death. Guest stars David Warner.



10.55 **Shetland**

- 7.00 **Midsomer Murders** *Fit for Murder:* John Nettles' final case as DCI Tom Barnaby sees him investigate murders at a country house while trying to unwind on a spa weekend with his wife. Guest stars Ronni Ancona.

- 9.00 **Vera** *Castles in the Air:* The detective investigates the murder of a young physiotherapist at a luxury country retreat, and Joe tries to make amends with the demons of his past.
- 10.55 **Shetland** 5/6. Perez interviews Andrea Doyle, who agrees to show him the safe house. (S5)

- 12.00 **MT Shetland** 6/6. Perez closes in on Zezi's location. (S5)
- 1.05 **AM Joanna Lumley's Spice Trail Adventure** Joanna revisits her birthplace of India. to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.15 **Beechgrove Repotted** Advice on how to tackle troublesome weeds, pests and diseases.
- 7.25 **FILM Loch Ness** Family drama starring Ted Danson and Joely Richardson. (1995, PG, 101min) ★★★
- 9.00 **LIVE Nations Fight** Night Matt McHale v Brandon Daord: The bout for the vacant British Super Flyweight title at Caledonia Gladiators Arena in East Kilbride.
- 11.10 **Two Doors Down** 5/6. Christine needs the Bairds' help in buying a baby buggy. (S2)
- 11.40 **NEW Franz Ferdinand: The Quay Sessions** Special A stripped-back set by the indie band.
- 11.55 PM to 12.00 MT **Loop** The work of Moy Mackay.

Sky Comedy

114/115 814 112 347 352

- 8.00 AM **The Conners** (S3)
- 9.55 **Silicon Valley** (S5)
- 12.50 PM **Entourage** (S6)
- 3.40 **Ballers** 2-6/8. (S5)
- 6.30 **The Office** (US) 7/26. Cecelia has an overcrowded christening. 7.00 8/26. Andy confesses a secret. 7.30 9/26. Dwight creates a play area. 8.00 10/26. Michael becomes afraid of China's economic power. 8.30 11/26. Holly returns to Scranton. (S7)
- 9.00 **Entourage** 9/12. Vince has first-day jitters. 9.35 10/12. Ari and Lloyd give Andrew a makeover. (S5)
- 10.10 **Nikki Glaser: Someday You'll Die** Stand-up.
- 11.25 **The Righteous Gemstones** (S1)
- 1.00 **AM In the Long Run**
- 2.00 **Romantic Getaway**
- 3.00 **Enlightened** 7/8. (S2)
- 3.40 to 5.00 AM **Wellington Paranormal**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **My Favorite Things: The Rodgers & Hammerstein 80th Anniversary Concert**
- 8.35 **Tales of the Unexpected**
- 11.00 **Alfred Hitchcock Hour**
- 1.00 PM **FILM A Shot in the Dark** Comedy. (1964, PG, 98min) ★★★★★
- 3.05 **Landscape Artist of the Year** From Bristol.
- 4.05 **Discovering**
- 4.35 **Bryan Adams: Live at the Royal Albert Hall**
- 6.25 **AC/DC: Live at Donington** From 1991.
- 9.00 **Greatest Guitar Riffs** Featuring Tony Iommi of Black Sabbath. 10.00 With Andy Summers of The Police. 11.00 With Nancy Wilson of Heart.
- 12.00 **MT Angelheaded Hipster: The Songs of Marc Bolan & T. Rex**
- 1.50 **AM Led Zeppelin: In the Light**
- 4.05 **Greatest Albums Live**
- 5.05 to 6.00 AM **Discovering**

Sky Mix

151 135 11 141

- 6.00 AM **Nothing to Declare**
- 8.00 **Madagascar: A Little Wild** Animation.
- 8.25 **Alvin!!! and the Chipmunks** Double bill.
- 8.50 **Pooch Mooch**
- 9.00 **Nothing to Declare**
- 11.00 **Highway Cops**
- 11.30 **Monkey Life**
- 2.00 PM **Wildlife ER**
- 3.00 **Wildest New Zealand**
- 4.00 **Australia's Hidden Islands** Lady Elliot Island.
- 5.00 **Big Beasts: Last of the Giants** Documentary.
- 6.00 **Secret World of Sound with David Attenborough**
- 7.00 **Shark: British Isles** Special Documentary.
- 8.00 **Caught on Dashcam**
- 9.00 **Made for Murder**
- 10.00 **Sex and the City** (S2)
- 12.00 **MT Caught on Dashcam**
- 1.00 **AM Brit Cops: Rapid Response** Documentary.
- 2.00 **Nothing to Declare**
- 4.00 to 6.00 AM **Highway Patrol**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
- 7.40 **Backyard Builds** *New edition* Brian and Sarah conduct their first-ever barn rehab.
- 8.10 **The Real Housewives of Jersey** Reality series.
- 9.10 **Giovanna Fletcher: Made in Italy**
- 10.15 **Scott's Vacation** **Project Rules** Triple bill.
- 1.05 PM **Project Bakeover**
- 3.00 **The Only Way Is Essex**
- 6.00 **Celebrity Dinner Date**
- 9.00 **Botched** A patient whose surgeon poked a hole through her nose. 10.00 A former reality television star seeks a breast reduction.
- 11.00 **Kavos Weekender** Tash's romance with Ethan is getting in the way of her work role.
- 12.00 **MT The Real Housewives of Miami**
- 12.55 **AM Backyard Builds** 1.20 to 1.30 AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Highway to Heaven**
- 1.00 PM **Highway to Heaven** Eight episodes of the series, including at: 7.00 *The Return of the Masked Rider:* 4/25. An ageing movie star has to become a real-life hero. 8.00 *Song of the Wild West:* 5/25. Jonathan and Mark help a woman realise her dreams. (S1)
- 9.00 **Garage Sale Mystery: All That Glitters** Crime drama starring Lori Loughlin, Sarah Strange and Steve Bacic.
- 10.55 **Garage Sale Mystery** Crime drama based on Suzi Weinert's novel, starring Lori Loughlin and Rick Ravanello.
- 12.50 **AM The New Avengers**
- 3.00 **Randall and Hopkirk (Deceased)** 7/26. (S1)
- 4.00 **Highway to Heaven**
- 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM World of Sport
6.15 Return of Sherlock Holmes
7.20 Cadfael
9.00 Karen Carney's Leaders of the Pack
9.30 Racing: The Opening Show
10.30 The Big Match Revisited
11.20 Alpine Hexagon Cup Highlights Padel tournament.
12.20 PM The Motorbike Show
1.25 **LIVE** Racing Ed Chamberlin presents coverage from Newbury and Warwick.
4.00 **Monster Carp**
5.00 **Sharpe** *Sharpe's Honour*.



7.15 **Football: The FA Cup**

7.15 **LIVE Football: The FA Cup** Brighton & Hove Albion v Chelsea: Seema Jaswal presents all the action from the fourth-round tie at the AMEX Stadium. Eight-time cup-winners Chelsea claimed a 4-2 win when the sides met in the Premier League in September. With commentary by Seb Hutchinson and Adam Virgo. Kick-off is at 8.00.

- 10.20 **River Monsters** Jeremy Wade contemplates whether a goonch catfish could be active in Nepal.
11.20 **English Football League Highlights** Action from the latest EFL matches, including Sunderland v Watford.
12.20 AM **Minder**
1.20 **The Professionals**
2.20 **Motorsport Mundial**
2.45 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 12-16/26. (S3)
4.00 PM **Star Trek: Voyager** 10/26. An encounter with space-station colonists provides Janeway with a link to the mysterious Caretaker.
5.00 11/26. The Kazon steal a transporter control module.
6.00 12/26. Torres and Tuvok find themselves captured by hostile aliens, leaving Captain Janeway to rescue them. (S2)



9.00 **The Walking Dead**

7.00 **Star Trek: Voyager** *Prototype*: 13/26. B'Elanna repairs a deactivated humanoid robot found floating in space.

8.00 **Star Trek: Voyager** *Alliances*: 14/26. Janeway forms an alliance with Kazon factions to lay the rules for a summit. (S2)

9.00 **The Walking Dead** *Sick*: 2/16. Rick and the others collaborate with the new group of survivors to clear another prison wing.

10.00 **The Walking Dead** *Walk with Me*: 3/16. Andrea and Michonne encounter another group of survivors. (S3)

11.00 **The Walking Dead** 4/16. Merle makes a request.
12.00 M/T 5/16. The Governor throws a party.
1.00 AM 6/16. Glenn encounters a familiar face. (S3)

2.00 **FILM** *6-Headed Shark Attack* Thriller starring Brandon Aurret. (2018, 15, 86min) ★
4.00 to 6.00 AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S8)
10.00 **Hudson & Rex** 5-8/16. (S6)
2.00 PM **Inspector George Gently** *Gently in the Night*: A waitress working in Newcastle's first hostess club is murdered.
4.00 **Father Brown** *The Ghost in the Machine*: A parishioner suddenly disappears.
5.00 *The Maddest of All*: An ex-serviceman dies suddenly in the street.
6.00 *The Pride of the Prydes*: The grand opening of Pryde Castle ends in disaster.



8.00 **Shakespeare & Hathaway**

7.00 **Father Brown** *The Shadow of the Scaffold*: A convicted killer is given a reprieve and begs Father Brown to help her.

8.00 **Shakespeare & Hathaway: Private Investigators** 7/10. An energy tycoon hires Frank and Lu.

9.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu investigate a car accident. (S3)

10.00 **Beyond Paradise** 5/6. An arsonist invokes the *Three Little Pigs* fable when targeting businesses. (S1)

11.00 **Alaska Daily** 5/11. Eileen and Roz gain a new lead on Gloria's case. (S1)
12.00 M/T **Evil** 5/10. Sister Andrea's career and sanity are on trial as she battles Leland. (S3)

1.00 AM **The Diplomat** 4/6. (S1)
2.00 to 4.00 AM **Hudson & Rex**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM **The Green Green Grass**
8.05 **The Good Life**
8.40 **Alison & Larry: Billericay to Barry** The duo get lost in the maze at Blenheim Palace.
9.40 **The Vicar of Dibley**
1.00 PM **Only Fools and Horses**
1.35 **The Vicar of Dibley**
5.00 **Only Fools and Horses** Del acquires three tons of lead sheeting, which turns out to be a DIY nuclear fallout shelter.
5.40 **The Trotters** head to Holland to dabble in the diamond import business.



9.35 **Mrs Brown's Boys**

7.40 **Only Fools and Horses** Christmas special from 1989. The Trotter brothers go on a lads' day out to Margate, but things do not turn out as expected, and they end up stranded in the seaside town overnight.

9.35 **Mrs Brown's Boys** Agnes is disappointed to discover she is not invited to Maria's hen party because of her age.

10.10 **Billy Connolly Does...** Billy looks at how our attitudes towards drinking have changed.

11.10 **Black Ops** Comedy series.
11.45 Undercover officers Dom and Kay have a body to bury.
12.20 AM Dom comes up with a devious plan.
1.00 **The Fast Show**
1.40 to 4.00 AM **Blackadder: A Cunning Story**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Extreme Salvage Squad**
10.00 **Repair Lot** Double bill.
12.00 **NOON Eddie Eats America**
12.30 PM **Guy Martin: The World's Fastest Van?**
2.00 **Guy Martin: Proper Jobs**
3.00 **Robson's Extreme Fishing Challenge** Double bill.
5.00 **Greece with Simon Reeve**
6.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish the River Wensum in Norfolk.
6.40 The pair visit Dorset.



9.40 **Not Going Out Live**

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for Pike on the River Test in Hampshire.

8.00 **Special Ops: To Catch a Criminal** The CPS Special Crime Unit bring those responsible for a fatal road crash to justice.

9.00 **Not Going Out** Lucy considers having a breast augmentation.

9.40 **Not Going Out Live** Lee and Lucy are strong-armed into organising a Christmas variety show.

10.20 **Not Going Out** Toby organises a sponsored parachute jump.

11.00 **Q! XL** With Nish Kumar.
12.00 M/T **Have I Got a Bit More News for You** Double bill.
2.00 AM **Hate Thy Neighbour**
3.00 **Two Pints of Lager and a Packet of Crisps**
3.30 to 4.00 AM **Meet the Richardsons**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun** Six editions, including at:
7.00 A couple search for their dream holiday home near Marbella.
8.00 **Kirstie and Phil's Love It or List It** Joanne and Nick try to decide whether to renovate or move from their home in Scorton, Lancashire.
9.00 **Grand Designs Revisited** Kevin McCloud checks out the progress on Jon and Noreen's treehouse.
10.00 **8 Out of 10 Cats Does Countdown: Best Bits** Jimmy Carr and Jon Richardson look back at highlights of the show.
11.05 **Sarah Millican: Outsider**
12.05 AM **Celebrity Gogglebox**
1.10 **Gogglebox**
2.15 **First Dates**
3.20 **24 Hours in A&E**
4.15 to 4.45 AM **Untold: The £12 Million Rental Scam**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.05 PM **NCIS** Eight episodes of the drama, including at:
6.00 *In the Dark*: 22/24. A blind man unwittingly photographs evidence of a murder.
7.00 *Trojan Horse*: 23/24. A man is found dead in a taxi.
8.00 *Angel of Death*: 24/24. Tony and Jeannie are held hostage by a drug dealer. (S4)
9.00 **Criminal Minds** *Rock Creek Park*: 18/23. A congressman's wife is held to ransom.
10.00 *Beyond Borders*: 19/23. An American family are kidnapped in Barbados. (S10)
11.00 **Law & Order: Special Victims Unit** (S13&14)
2.50 AM **New York Undercover** (S1)
3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **The Dog Hospital** with Graeme Hall
10.00 **When Motorhoming Goes Horribly Wrong**
11.35 **Nightmare Tenants, Slum Landlords**
4.30 PM **FILM** *The 'burbs* Offbeat comedy starring Tom Hanks. (1989, PG, 103min) ★★
6.30 **FILM** *The Intern* Comedy starring Robert De Niro. (2015, 12, 121min) ★★★★★
9.00 **FILM** *Shirley Valentine* Romantic comedy starring Pauline Collins and Tom Conti. (1989, 15, 108min) ★★★★★
11.15 **FILM** *Van Wilder: Party Liaison* Comedy starring Ryan Reynolds. (2001, 15, 93min) ★
1.15 AM **Accused** *New episodes* (S1)
3.00 **Skin A&E**
3.50 to 4.00 AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Police Interceptors**
3.30 PM **FILM** *Rage at Dawn* Western starring Randolph Scott. (1955, U, 87min) ★★
5.15 **FILM** *Day of the Evil Gun* Western starring Glenn Ford and Arthur Kennedy. (1968, PG, 93min) ★★
7.15 **FILM** *Hondo* Western starring John Wayne and Geraldine Page. (1953, PG, 84min) ★★★★★
9.00 **FILM** *Wyatt Earp* Epic Western biopic of the famous frontier lawman, starring Kevin Costner and Dennis Quaid. (1994, 12, 190min) ★★
12.45 AM **FILM** *The Glimmer Man* Thriller starring Steven Seagal and Keenen Ivory Wayans. (1996, 18, 91min) ★
2.35 **Trucking Hell**
3.35 to 4.00 AM **Car Pound Cops**

U&W

132/133 827 125 25 156

- 6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at:
6.20 Ben shows prospective buyers around the house.
7.00 Auntie Angela visits the family with her new husband in tow.
7.40 Sue and Pete try to resolve their differences.
8.20 The Brockmans attend a funeral.
9.00 **Gavin & Stacey** Pete and Dawn renew their wedding vows.
9.40 The gang descend on the beach in Barry.
10.20 Nessa and Dave's wedding day arrives.
11.00 **Chewing Gum**
12.00 M/T **Emily Attack: Adulting** Documentary.
1.00 AM **Celebrity MasterChef Australia**
2.00 to 3.00 AM **One Born: What Happened Next?**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.35 AM **Classic EastEnders**
2.00 PM **Kingdom**
3.00 **Father Brown**
5.00 **The Brokenwood Mysteries** *From the Cradle to the Grave*: 1/6. Chaos ensues when the body of a recently deceased woman is found in a museum's Egyptian mummy case.
7.00 *Death n' Bass*: 2/6. Following Brokenwood's first drum 'n' bass festival, a band's van suddenly explodes. (S8)
9.00 **Miss Marple** *Nemesis*: The sleuth embarks on a journey around England after receiving a letter from a recently deceased acquaintance asking her to conduct a mysterious investigation.
11.25 **The Heart Guy** (S1)
1.25 AM **Rebus**
2.55 to 4.00 AM **Sister Boniface Mysteries**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** From Cornwall.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 10.00 **The Yorkshire Auction House** Triple bill.
- 1.00 PM **Cash Trapped** Double bill of the quiz hosted by Bradley Walsh.
- 6.00 **The Hotel Inspector** Alex Polizzi tries to reverse the fortunes of a hotel in Burnley.
- 7.00 Alex helps the owner of a guesthouse to improve his business.
- 8.00 Alex heads to a struggling hotel in the French Pyrenees.
- 9.00 **The Repair Shop** Items include a domino set with an amazing history.
- 10.00 Restoring two bespoke cherished rings.
- 11.00 A wind-up panda.
- 12.00 **MT Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Fantasy Homes by the Sea**

DMAX

159 169 39 147

- 6.00 AM **Deadliest Catch**
- 10.00 **Aussie Gold Hunters**
- 2.00 PM **Outback Opal Hunters** Five editions.
- 7.00 **Jeremy Wade's Dark Waters** The angler and adventurer heads to Australia to investigate an underwater attack.
- 8.00 Jeremy travels to South Africa in search of some of the world's most unusual fish.
- 9.00 **Awake Surgery** Dr Gruber performs surgery on patients while they are completely awake. Megan has surgery on her arms.
- 10.00 Jason looks for a bum lift to scandalise all of Kentucky, and a patient calls her psychic mid-procedure.
- 11.00 **Body Bizarre** Triple bill.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Man v Food**
- 11.00 **My Lottery Dream Home** Eight editions.
- 3.00 PM **Escape to the Country** Five editions of the series, including at: 7.00 A couple look for a property in Shropshire.
- 8.00 **My Dream Derelict Home in the Sun** Restoring derelict homes in France and Spain.
- 9.00 A couple set out to transform an Majorcan townhouse.
- 10.00 Transforming a derelict farmhouse in south-west France.
- 11.00 Salvaging a presbytery in Normandy on a very tight budget.
- 12.00 MT Scarlett Douglas meets a Middlesbrough couple restoring a chateau.
- 1.00 AM **100 Day Dream Home** Property series.
- 2.00 to 4.00 AM **Home Town**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 9.00 **Bruce's Price Is Right**
- 10.00 **Dale's Supermarket Sweep** Double bill.
- 11.00 **All Star Family Fortunes** Triple bill.
- 1.00 PM **Cash Trapped** Double bill of the quiz hosted by Bradley Walsh.
- 3.00 **The Chase Celebrity Special** Giles Coren, Rachel Johnson, Chris Packham and Josie Long compete for charity.
- 4.00 **The Chase Celebrity Special** Double bill.
- 6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
- 9.00 **The Family Chase** The Hartes from Co Antrim take part in the quiz.
- 10.00 **The Chase** Quiz show hosted by Bradley Walsh.
- 11.00 **Bullseye** Ten editions of the darts-based quiz.
- 4.00 AM **The Chase Celebrity Special**
- 5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **The Pioneer Woman**
- 11.00 **James Martin's American Adventure**
- 3.00 PM **Ottolenghi's Mediterranean Island Feast** Five editions.
- 8.00 **Adam Richman Eats Football** Adam explores the food culture of Glasgow and Celtic FC.
- 8.30 **Adam Richman Eats Britain** Adam enjoys pork pie in Melton Mowbray.
- 9.00 **Man v Food with Casey Webb** Casey heads to Portland, Oregon.
- 9.30 Casey pays a visit to Des Moines.
- 10.00 Casey travels to Boston, Massachusetts.
- 10.30 Casey travels to Louisville in Kentucky.
- 11.00 **Man v Food** Adam faces the Ultimate Cheesesteak Challenge.
- 11.30 **Man v Food with Casey Webb** Triple bill.
- 1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides** Boutique Reality series.
- 8.00 **Say Yes to the Dress**
- 10.00 **Outdaughters: Busby Quints** Double bill.
- 12.00 **NOON Extreme Couponing** Double bill.
- 1.00 PM **My 600lb Life**
- 5.00 **Too Large**
- 6.00 **Say Yes to the Dress: Atlanta** Double bill.
- 7.00 **1000-lb Best Friends** During therapy, Vanessa confronts demons from her past.
- 8.00 **My Big Fat Fabulous Life** Whitney sets off on her birthday trip to Spain.
- 9.00 **Dr Pimple Popper**
- 12.00 **MT Monsters Inside Me**
- 1.00 AM **Extreme Couponing**
- 2.00 **Love Off the Grid**
- 3.00 **Sex Sent Me to the ER**
- 4.00 **My Big Fat Fabulous Life** As 8.00pm.
- 5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM **Battle Honours**
- 9.10 **The Concorde Story**
- 10.30 **FILM City Slickers: The Legend of Curly's Gold** Comedy Western sequel. (1994, 12, 116min) ★
- 1.00 PM **Wanted: Dead or Alive** Triple bill.
- 2.30 **FILM Domino Kid** Western adventure. (1957, b/w, U, 74min) ★★
- 4.10 **FILM The Unforgiven** Western drama. (1960, PG, 125min) ★★
- 6.45 **FILM Three Violent People** Western. (1956, PG, 96min) ★★
- 9.00 **FILM Tears of the Sun** Drama with Bruce Willis. (2003, 15, 121min) ★
- 11.30 **FILM Redemption Day** Action thriller. (2021, 15, 99min) ★★
- 1.45 AM **FILM Asteroid-aggordon** Adventure. (2020, PG, 90min) ★★
- 3.40 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
- 8.00 **FILM The Darwin Conspiracy** Sci-fi thriller. (1999, PG, 90min) ★
- 10.00 **T.J. Hooker** (S3)
- 3.00 PM **FILM The Return of the Man from U.N.C.L.E.** Spy thriller spoof. (1983, PG, 93min) ★★
- 4.55 **FILM Five Golden Dragons** Adventure. (1967, PG, 100min) ★★
- 7.00 **FILM Doctor Faustus** Fantasy adaptation. (1968, PG, 93min) ★
- 9.00 **FILM The Cold Light of Day** Action thriller starring Bruce Willis. (2012, 12, 89min) ★★
- 10.55 **FILM Beyond Suspicion** Thriller with Karl Urban. (2018, 15, 96min) ★★
- 12.50 AM **FILM Year of the Gun** Crime thriller. (1991, 15, 111min) ★★
- 3.05 to 5.00 AM **FILM The Blood on Satan's Claw** Horror chiller. (1970, 18, 93min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Impractical Jokers**
- 9.00 **Friends** (S2)
- 4.00 PM **The Best of Mr Bean**
- 5.00 **FILM Bean** Comedy spin-off starring Rowan Atkinson. Mr Bean creates havoc when he accompanies a valuable painting to America. (1997, PG, 90min) ★★
- 6.40 **Friends** (S2)
- 9.00 **FILM Scream 4** Horror sequel starring Neve Campbell, Courteney Cox and David Arquette. (2011, 15, 110min) ★★
- 11.10 **FILM Drop Dead Gorgeous** Comedy starring Kirsten Dunst and Denise Richards. (1999, 15, 100min) ★★
- 1.10 AM **Comedy Central Live** With Judi Love.
- 2.10 **Whose Line Is It Anyway? USA**
- 3.30 **Kevin Bridges: A Whole Different Story**
- 4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.10 AM **Perception**
- 10.10 **FILM Dangerous Bestie** Thriller with Rosslyn Luke. (2018, PG, 89min) ★★
- 12.10 PM **FILM Lost Letter** Mystery: Higher Ground Crime drama. (2017, PG, 84min) ★★
- 2.05 **FILM Lost Letter** Mystery: Home Again Crime drama sequel. (2017, PG, 87min) ★★
- 4.00 **FILM Seabiscuit** Fact-based drama. (2003, PG) ★★
- 6.55 **FILM Hercules** Mythological adventure. (2014, 12, 98min) ★★
- 9.00 **FILM Exodus: Gods and Kings** Biblical epic. (2014, 12, 147min) ★★
- 12.05 AM **FILM Bunraku** Action adventure. (2010, 15, 119min) ★★
- 2.40 **Air Rescue** Double bill.
- 4.00 to 6.00 AM **FILM Black Widow** Crime thriller. (2007, PG, 85min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM The Shape of Things to Come** Sci-fi action adventure. (1979, 15, 94min) ★★
- 8.00 **FILM Asteroid-aggordon** Adventure. (2020, PG, 90min) ★★
- 10.00 **FILM Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★
- 12.00 **NOON FILM The Land That Time Forgot** Sci-fi action fantasy. (2009, 12, 90min) ★★
- 2.00 PM **FILM The Day the Earth Stopped** Sci-fi action thriller starring C Thomas Howell. (2008, 15, 90min) ★★
- 4.00 **Farscape** (S1)
- 9.00 **FILM Bushwick** Thriller starring Dave Bautista. (2017, 15, 94min) ★★
- 10.55 **FILM The Shed** Horror starring Jay Jay Warren. (2019, 15, 98min) ★★
- 1.00 to 3.00 AM **FILM Bushwick** As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Becker** (S6&1)
- 1.00 PM **Impractical Jokers**
- 5.00 **Whose Line Is It Anyway? USA**
- 7.30 **Friends** 17/24. Rachel feels smothered by Ross.
- 8.00 18/24. Chandler's flatmate Eddie becomes increasingly annoying.
- 8.30 19/24. Rachel's sister Amy pays a visit.
- 9.00 20/24. Ross plans his future with Rachel.
- 9.30 21/24. Chandler and Ross face two bullies at Central Perk. (S2)
- 10.00 **Friends** (S2&3)
- 2.30 AM **Last Man Standing**
- 3.00 **Jack Dee Live at the Apollo** Stand-up show.
- 3.45 **Jonathan Pie: Back to the Studio** Stand-up.
- 4.30 **Al Murray: Beautiful British Tour** - Live at The 02 Stand-up show.
- 5.15 to 6.00 AM **Home Improvement**

GREAT! romance

319 424 52

- 8.10 AM **FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 90min) ★★
- 10.05 **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
- 12.00 **NOON FILM This Little Love of Mine** Drama. (2021, U, 91min) ★★
- 2.00 PM **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
- 3.55 **FILM A Feeling of Home** Drama. (2019, PG) ★★
- 6.00 **FILM Blue Moon Ball** Drama. (2021, PG) ★★
- 8.00 **FILM The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
- 9.55 **FILM Love on the Sidelines** Comedy. (2016, PG, 86min) ★★
- 11.50 **FILM Charm of Love** Drama. (2020, PG) ★★
- 1.55 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM The Beach House** Drama. (2018, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Container Wars**
- 8.00 **Swamp People: Serpent Invasion**
- 9.00 **Swamp People**
- 10.00 **Wicked Tuna**
- 11.00 **Blown Away**
- 12.00 **NOON A Cut Above**
- 1.00 PM **Strange Evidence**
- 3.00 **Ancient Aliens**
- 7.00 **Ancient Aliens** The life of self-proclaimed faith healer Edgar Cayce.
- 8.00 **In Search of Aliens** Giorgio Tsoukalos investigates sightings of the Loch Ness monster.
- 9.00 **Conspiracy Files: Unsealed** A look at the locations of stargate portals around the world.
- 9.30 **Top 10 Conspiracies of All Time** The most mysterious conspiracies.
- 10.00 **Hardcore Pawn**
- 11.00 **Storage Hunters**
- 1.00 AM **Container Wars**
- 2.00 **Court Cam** Double bill.
- 3.00 to 6.00 AM **Hardcore Pawn**

Sky Replay

152 156

- 7.00 AM **The Real A&E**
- 9.00 **Four Weddings**
- 11.00 **Nothing to Declare**
- 2.00 PM **MacGyver** (S2&3)
- 7.00 **The Flash** The People v Killer Frost: 8/18. Barry makes a discovery.
- 8.00 **Timeless**: 9/18. Barry turns to Timeless Wells for help.
- 9.00 **Family Matters** - Part One: 10/18. Barry initiates a risky new training system.
- 10.00 **Family Matters** - Part Two: 11/18. Barry and Iris try to stop a dangerous force.
- 11.00 **Good-Bye Vibrations**: 12/18. Cisco and Kamila tell the team they are leaving Central City. (S7)
- 12.00 **MT The Russell Howard Hour**
- 1.00 AM **A League of Their Own** Double bill.
- 3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Huckleberry Finn and His Friends** (S1)
- 8.30 **Monkey** 22/26. (S1)
- 9.30 **I Dream of Jeannie**
- 10.30 **Blue Thunder** (S1)
- 1.30 PM **Watching** (S5&6)
- 4.00 **Bubblegum & Cheese**
- 5.00 **Stereo Underground**
- 6.00 **I Dream of Jeannie** (S1)
- 7.00 **Mitch** 9/10. Asians in the area are attacked. (S1)
- 8.00 **Bust Man of Property**: 5/6. Neil eyes profit in land slated for development. (S1)
- 9.00 **Married... with Children** 5/13. Al and Steve restore a car.
- 9.30 6/13. Al can't afford an anniversary present for Peggy.
- 10.00 7/13. Al and Peggy take a break. (S1)
- 10.30 **Police Woman** (S1)
- 11.30 **Blue Thunder** (S1)
- 2.30 AM **Mitch** As 7.00pm.
- 3.30 **That's My Dog**
- 4.30 to 6.00 AM **Married... with Children**

5SELECT

153 138 46 133

- 9.00 AM **Secrets of the Royal Palaces** Triple bill.
- 12.00 **NOON Murder, She Wrote** Five episodes.
- 5.00 PM **World War I in Colour** Double bill.
- 7.00 **Nazi Megastructures** Ruins that show evidence of Hitler's infamous Blitzkrieg tactics.
- 8.00 **Fortifications in the Channel Islands**
- 9.00 **Nazi Megastructures: Russia's War** The story of Germany's invasion of the Soviet Union.
- 10.00 **Buried Secrets of WWII** Surviving evidence of the attack on Pearl Harbor.
- 11.00 **The Battle of Britain: 3 Days That Saved the Nation** Documentary.
- 12.00 **MT Concorde 1&2/2**
- 2.00 AM **747 Jumbo Jet: The Plane that Changed the World** 1&2/2.
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

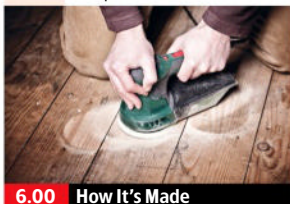
- 6.00 AM **The Hills**
- 6.25 **16 and Pregnant**
- 7.10 **Teen Mom: The Next Chapter** Double bill.
- 9.00 **Dallas Cowboys Cheerleaders**
- 1.00 PM **Catfish: Firsts**
- 2.00 **Catfish: The TV Show** Seven editions of the series, including at: 7.00 Nev and co-host Slick Woods help 19-year-old Aubri find her Snapchat love.
- 8.00 **The story of Daniela**, who fled her home in Venezuela to start a new life with a man she's never met.
- 9.00 **Badass Brides** A history teacher plans her perfect medieval themed-wedding.
- 10.00 **Ink Master** Double bill.
- 12.00 **MT Geordie Shore**
- 1.00 AM **True Life Crime**
- 2.00 **Catfish: The TV Show**
- 2.50 **Catfish: Guy or Gal**
- 3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM How It's Made**
- 12.00 NOON Gold Divers** The worst winter in 100 years is forecast. **1.00 PM** Vernon sets up his operation on the Claim 56. **2.00** Zeke is left frustrated by unexpected flooding. **3.00** Vernon tries to capitalise on a patch of clear weather. **4.00** The Kellys must find gold to pay off their debts. **5.00** Shawn is driven to desperate measures to solve his water overflow problems.
- 6.00 Gold Rush** Tony hits an unexpected roadblock.



6.00 How It's Made

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs**
- 9.00 Crikey! It's the Irwins**
- 10.00 Bad Dog!** A cat that rides a skateboard to the beach.
- 11.00 Alaska: Homestead Rescue**
- 12.00 NOON Animal Cribbs**
- 1.00 PM Dodo Heroes**
- 2.00 Killer Whales** Examining killer whales' feeding behaviour.
- 3.00 Dogs 101** Double bill.
- 5.00 Alaska: Homestead Rescue** The Raneys overhaul a faulty electrical system.
- 6.00 Animal Cribbs** Antonio designs the ultimate pig paradise.



6.00 Animal Cribbs

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
- 9.00 Air Crash Investigation**
- 11.00 Car S.O.S** Triple bill.
- 2.00 PM Hindenburg: The New Evidence** Documentary.
- 3.00 Gallipoli's Deep Secrets**
- 4.00 Drain the Titanic** Exploring the wreck of the famous ship.
- 5.00 Mysterious Islands** Findings on isolated islands include a volcanic isle with a dark past.
- 6.00 Drain the Oceans** A look at how wreckage on the sea bed can reveal the truth about mysterious disasters.

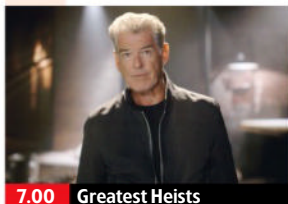


10.00 No Man Left Behind

Sky History

123/124 821 131 353 368

- 6.00 AM Pawn Stars**
- 6.30 Storage Wars**
- 9.00 The Curse of Oak Island**
- 10.00 Pawn Stars** Triple bill.
- 1.00 PM Britain's Secret Islands** Four editions, including at: **4.00** Exploring the battlements of Drake's Island
- 5.00 Mayhem! The Secret Lives of the Georgian Kings** Unusual aspects of the Georgian era.
- 6.00 Battlefield Healers: Bosworth Field** A look at the last significant battle of the Wars of the Roses.



7.00 Greatest Heists

U&Yesterday

155 846 129 27 159

- 6.10 AM Secret Nazi Bases**
- 11.00 Bangers & Cash** Triple bill.
- 2.00 PM How Britain Worked** Guy Martin tries to return the resort of Llandudno to its former Victorian glory.
- 3.00** Guy helps to restore a Newcomen engine.
- 4.00 Guy Martin's Great Escape** Guy tries to recreate the climax of the iconic war film.
- 6.00 The Warship: Tour of Duty** An outbreak of COVID-19 aboard HMS *Queen Elizabeth* leaves 400 crew in isolation.



8.00 Mediterranean

- 7.00 Gold Divers** Chaotic El Niño conditions impact the ice, flipping the gold miners' game plans upside down.
- 8.00 Harpoon Hunters** Feeling pressure to live up to his famous father's legacy, strongman Niko changes tactics.
- 9.00 Marooned with Ed Stafford** Ed attempts to survive in the Erongo Mountains, hundreds of kilometres of rocky desert.
- 10.00 Mystery at Blind Frog Ranch** Chad and Josh explore a collapsed mine, while Eric visits an ancient meteor site in Ohio.
- 11.00 Moonshiners** While resurrecting a bootleg route from the 1980s, Tickle's crew come face-to-face with the law.
- 12.00 M'T Impossible Builds**
- 1.00 AM Border Control: Europe**
- 2.00 Moonshiners** Double bill.
- 4.00 to 5.00 AM** How Do They Do It?

- 7.00 How Do Animals Do That?** The hummingbird's ability to fly backwards. **7.30** What a dog is saying when it wags its tail.
- 8.00 Guardians of Rescue** Brian and Face try to help an aggressive dog on a chain, while Dori assists a homeless vet.
- 9.00 Animal Cops Houston** Texas police officers try to break up one of the biggest dog-fighting rings in American history.
- 10.00 Alaskan Bush People** Billy gets overambitious while conducting a late barter, as the Browns try to secure winter stores.
- 11.00 I Was Prey** A Florida man who was attacked by an alligator. **12.00 M'T** The story of a husband and wife attacked by an angry hippopotamus.
- 1.00 AM Alaskan Bush People**
- 2.00 Dogs 101** Canine facts.
- 3.00 Alaska: Homestead Rescue** to **5.00 AM** Animal Cribbs

- 7.00 Air Crash Investigation** A Chinese aircraft lands at a top-secret US Air Force base.
- 8.00 Air Crash Investigation** A passenger plane comes in like a fighter jet, skids off the runway and bursts into flames.
- 9.00 Air Crash Investigation** Examining the crash-landing in the Hudson River of US Airways Flight 1549 in January 2009.
- 10.00 No Man Left Behind** When Dale Zelko is shot down on a bombing over Belgrade, the race is on for NATO to find him.
- 11.00 Plane Crash Recreated** A Turkish flight that crashed one mile out of Amsterdam.
- 12.00 M'T Border Protection Spain**
- 2.00 AM Bid & Destroy**
- 2.55 Food Factory USA**
- 3.45 Lords of War** Double bill.
- 4.35 to 5.00 AM** Prairie Dog Dynasty

- 7.00 Greatest Heists with Pierce Brosnan** An audacious robbery at New York's Pierre Hotel in January 1972.
- 8.00 Greatest Heists with Pierce Brosnan** A look into the 1978 Lufthansa heist at JFK International Airport in New York City.
- 9.00 The Witches of Salem** A look at how the Salem witch trials rapidly found women guilty.
- 10.00 The Witches of Salem** How the trials were suddenly halted when the Massachusetts elite were accused of witchcraft.
- 11.00 Prison Chronicles** A look at American Civil War prison Andersonville in Georgia. **11.30** A look into Devil's Island, French Guiana.
- 12.00 M'T Forged in Fire**
- 2.00 AM Pawn Stars** Triple bill.
- 5.00 to 6.00 AM** Greatest Heists with Pierce Brosnan

- 7.00 The Warship: Tour of Duty** In the South China Sea, the warship launches helicopters to see off the Chinese Navy.
- 8.00 Mediterranean with Simon Reeve** Simon travels through Libya, visiting areas devastated by recent fighting.
- 9.00 Mediterranean with Simon Reeve** Simon's journey concludes in Morocco, Spain, Corsica and the French Riviera.
- 10.00 'Allo 'Allo!** General Von Klinkerhoffen restarts the town's newspaper. **10.40** Michelle tries to steal the *Fallen Madonna*.
- 11.20 'Allo 'Allo!** Rene decides to make a run for the Spanish border but is stopped before he can make it across.
- 12.00 M'T Bangers & Cash** Jack has drawn the short straw once again as he attempts to shift a couple of 1930s Austin Sevens.
- 1.00 to 3.00 AM** Dream Car Fixers

+1 hour 225/226 377

+1 hour 262/275 378

+1 hour 229/230 383

+1 hour 223/224 331

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM World's Top 5**
- 8.00 Wheeler Dealers**
- 2.00 PM Shed and Buried: Classic Cars** Double bill.
- 4.00 Shed and Buried**
- 6.00 Salvage Hunters**
- 8.00 Salvage Hunters: Georgian House Restoration** Following Drew Pritchard's mission to repair his Georgian house in Bath.
- 9.00 Disasters at Sea** A disappearance in the Bering Sea.
- 10.00 Helicopter ER** The air ambulance team race to help a biker with a suspected spinal injury.
- 11.00 Opal Hunters: Red Dirt Road Trip** Rod finds a ruby at Harts Range.
- 12.00 M'T Mystery at Blind Frog Ranch**
- 1.00 AM Curse of the Frozen Gold** Double bill.
- 3.00 to 5.00 AM** How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids**
- 7.00 Say Yes to the Dress**
- 8.00 Curvy Brides Boutique**
- 9.00 Say Yes to the Dress: Atlanta** Double bill.
- 10.00 Say Yes to the Dress**
- 12.00 NOON Forensic Detectives** Triple bill.
- 3.00 PM The Big Swindle**
- 6.00 The Real Deal in Paradise** Triple bill.
- 9.00 Before They Kill Again** *New edition* A detective discovers that he knows a kidnapper personally.
- 10.00 Murder Under the Friday Night Lights** *New edition* True-crime.
- 11.00 Faking It: Tears of a Crime** Documentary.
- 12.00 M'T Boris Johnson: A Faking It Special**
- 1.00 AM Gary Glitter: A Faking It Special**
- 2.00 Murder Comes to Town**
- 3.00 to 4.00 AM** FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
- 1.00 PM Judge Judy**
- 6.05 Facing Evil** A man found guilty of the murder of a college student.
- 6.30** The murder of Bruce Kellogg in 1992.
- 7.00 Bloodline Detectives** The disappearance of Nancy Bennalack.
- 8.00 Murder She Solved** A severed arm and two fires are investigated.
- 9.00 Snapped: Killer Couples** A loving couple are found shot dead in their home, forcing police to pursue a pair of desperate lovers.
- 10.00** Police unravel two couples' conflicting stories of depravity.
- 11.00 Real Detective: North of the Border**
- 1.00 AM Ron Iddles: The Good Cop** Double bill.
- 3.00 Medical Detectives**
- 4.00 to 6.00 AM** Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM Medical Detectives** Anniversary Special
- 10.00 Wrongly Accused**
- 2.00 PM Medical Detectives** A murder staged to look like an accident.
- 2.30** Police search for a missing boy.
- 3.00** A murder staged as a car accident.
- 3.30** Evidence is washed away from two victims in an irrigation canal.
- 4.00** Police discover the downside to behavioural profiling.
- 4.30** Blood evidence contradicts a man's story about his wife's murder.
- 5.00 Donal MacIntyre: Unsolved** Revisiting the case of Barry Rubery.
- 6.00 Judge Judy** Real-life small-claims cases.
- 12.15 AM Judge Judy**
- 2.00 Psychic Private Eyes**
- 4.00 Citizen Detective**
- 4.45 to 6.00 AM** Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Caught on Dashcam**
- 7.00 Highway Patrol**
- 9.00 Brit Cops: Rapid Response** Documentary.
- 10.00 Stop, Search, Seize**
- 11.00 Britain's Most Evil Killers** The story of Anthony Arkwright.
- 12.00 NOON Killer in My...**
- 1.00 PM Killer Siblings**
- 2.00 The Killer Within**
- 3.00 Murders That Shocked the Nation** Double bill.
- 5.00 Murdered at First Sight**
- 6.00 Killer in My Village**
- 7.00 Britain's Most Evil Killers** Andrzej Kunowski.
- 8.00 Catching the Killer**
- 9.00 How I Caught the Killer**
- 10.00 The Real Manhunter**
- 11.00 I'll Be Gone in the Dark**
- 12.10 AM Buried** Double bill.
- 2.10 Twisted Killers**
- 3.05 An Unexpected Killer**
- 4.00 Stop, Search, Seize**
- 5.00 to 6.00 AM** Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Hitler's Gold**
- 11.55 Battle on the Frontline: Maginot vs Siegfried**
- 1.00 PM Vichy and the Nazis: A Deal with the Devil**
- 2.15 Ambassadors in Berlin: The Whistleblowers of WWII** Documentary.
- 3.25 Hitler's Gold**
- 7.20 Battle on the Frontline: Maginot vs Siegfried** How the Siegfried Line and the Maginot Line protected their countries during World War Two.
- 8.30 Vichy and the Nazis: A Deal with the Devil** The collaboration between the Vichy regime and the Nazis.
- 9.45 Ambassadors in Berlin: The Whistleblowers of WWII** Documentary.
- 10.50 Battle on the Frontline: Maginot vs Siegfried**
- 12.00 M'T Vichy and the Nazis: A Deal with the Devil**
- 1.15 to 2.00 AM** Beautiful Serengeti

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Jason Robards**
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
9.00 **Edge of the Earth**
11.20 **Master of Light**
1.00 PM **Adrienne**
3.00 **Pantani: The Accidental Death of a Cyclist**
5.00 **FILM The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★★
7.10 **I Am Heath Ledger** Celebrating the life and work of the Australian actor.
9.00 **The Wimbledon Kidnapping** The mysterious disappearance of Muriel McKay in 1969.
11.00 **An Update On Our Family**
12.00 **M'T Donyale Luna: Supermodel**
1.50 AM **Zuckerberg: King of the Metaverse** The life and career of Mark Zuckerberg.
3.40 **Pretending I'm a Superman: The Tony Hawk Video Game Story** Documentary.
5.00 to 6.00 AM **The Directors**

Crime+Investigation

156 837 133

- 6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 **NOON Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 AM **An Hour to Kill** Triple bill.
7.00 **The Real Murders of Atlanta** A millionaire playboy is found burned to death in his mansion.
8.00 **Missing Presumed Dead** Uncovering stories of real people's disappearances.
9.00 **Murder at the Motel** A phone call leads police to believe a serial killer is at work.
10.00 **Natural Born Killer** Exploring how police stopped a serial killer in his tracks.
11.00 **Killed Without a Trace**
12.00 **M'T Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **NEW TikTok Star Murders** Examining the fatal relationship between Ali and Ana Abulaban.
4.00 to 6.00 AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **Wild Edens** Double bill.
11.00 **Rescued Chimpanzees of the Congo with Jane Goodall**
1.00 PM **Rescued Chimpanzees of the Congo with Jane Goodall**
5.00 **The Bill Intruder: Melvin and Haynes** are nearly decoyed away from a robbery.
5.30 **Conflict: Tosh and Carver** seek an arms dump.
6.00 **Duplicates: Brind** agrees to perform a reconstruction of a woman's disappearance.
6.30 **Snout: Burnside** interrogates Carver's prisoner.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Campion Look to the Lady – Part One: 1/8.** Albert protects the valuable Gyrth Chalice.
10.15 **Look to the Lady – Part Two: 2/8.** Albert heads to Suffolk. Stars Peter Davison. (S1)
11.30 **The Bill** Four episodes.
1.30 AM **Pointless** Double bill
3.25 **Campion 1&2/8.** (S1)
5.25 to 6.00 AM **The Bill**

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Tales from Zambia**
8.00 **Great Blue Wild**
11.00 **My Best Friend's an Animal**
1.00 PM **Planet Weird**
2.00 **New Kids in the Wild**
5.00 **David Attenborough's Conquest of the Skies** Triple bill of editions, including at:
7.00 The veteran broadcaster turns his attention to creatures that dominate today's skies.
8.00 **Gladiators** A look at life in tropical forests, featuring a poison dart frog launching a toxic barrage and turf war between jaguars and caimans.
9.00 **Africa's Claws and Jaws** Documentary revealing the weapons at the disposal of Africa's predators.
10.00 **Wild Dogs: Pack Vs Pride** Roaming with the pups of the Manzi and Kakumbi packs.
11.00 A pup has gone missing from the Kakumbi den.
12.00 **M'T Gladiators** As 8.00pm.
1.00 AM **Africa's Claws and Jaws**
2.00 to 6.00 AM **Africa's Wild Horizons**

WILD

165 841 182

- 8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 **NOON Yukon Vet**
2.00 PM **Sky Sharks**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** Five predators compete to dominate their territory, each using unique talents to drive off rivals.
8.00 **The Incredible Dr Pol** Double bill of the series offering an insight into a Central Michigan veterinary practice, run by Dr Pol and his wife Diane.
10.00 **Predator Bloodlines** A leopard learns to survive in the wild with no family, contending with rival predators for territory.
11.00 **Snakes in the City** A power station is invaded by a snake, sending the staff running for their lives, while Siouxsie deals with a whip snake.
12.00 **M'T Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Twisted Sisters**
10.00 **Calls from the Inside**
12.00 **NOON The Perfect Murder**
2.00 PM **I Almost Got Away with It**
4.00 **The Wonderland Murders**
6.00 **The Killer Beside Me** The murder of Robert Henry.
7.00 The fatal shooting of Gayle Isleib in 1996 by Tyrone Montgomery, who had become obsessed with her.
8.00 **Blood Relatives** A case in which a failing family business led to murder, as one relative was found to be worth more dead than alive.
9.00 **Evil Lives Here** After years of emotional abuse by her husband, LaTonya decides to take their kids and leave.
10.00 **Hostage 911** Police locate a man who has taken his children hostage in a forest.
11.00 **Britain's Deadly Women**
12.00 **M'T Scorned: Crimes of Passion** Double bill of editions.
2.00 AM **Murder in the Heartland**
4.00 to 6.00 AM **Disappeared**

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 **NOON Ancient Aliens**
2.00 PM **What on Earth?**
3.00 **Hitler's Secret Bomb**
4.00 **Looting History**
5.00 **Life After People**
7.00 **Instruments of Death** Weaponry used in the uprising against the Roman army.
8.00 **Holy Marvels with Dennis Quaid** The whereabouts of sacred artefacts, such as the wooden cross and iron nails.
9.00 A look into speculation about how the world will end.
10.00 **Hitler's Secret Sex Life** Rumours, theories and disputed historical accounts of Adolf Hitler's sexual psychology.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **8 Days That Made Rome**
3.00 **The UnXplained with William Shatner** Fearsome beasts.
4.00 **Ancient Discoveries**
5.00 to 6.00 AM **Britain's Greatest Obsessions**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 **NOON Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Mummies Unwrapped** Archaeologist Ramy Romany investigates a mysterious underwater grave in the ancient Mayan city of Mayapan.
7.00 A missing mummified body could rewrite the history of Abraham Lincoln's assassination.
8.00 Clues that suggest Moses could be the desecrated mummy of King Akenaten.
9.00 **Storm Chasers** A storm heads towards St Louis, Missouri.
10.00 **Team Twistex** battle mechanical issues.
11.00 **Air crash Confidential** How a routine landing for a Boeing 777 went so terribly wrong.
12.00 **M'T Events** surrounding the disaster involving Air France Flight 296 in 1988.
1.00 AM **Disasters at Sea**
2.00 to 5.00 AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **Railroad Alaska**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 **NOON Shed and Buried**
5.00 PM **Kindig Customs**
8.00 **Head 2 Head** The Chevrolet Corvette Grand Sport and Porsche 911 Carrera S are pitted against each other.
8.30 The team compare two BMW 6-Series Gran Coupes.
9.00 The Mercedes-Amg S65 versus the Bentley Continental Gt Black Edition.
9.30 The Alfa Romeo Giulia Quadrifoglio is featured.
10.00 Featuring BMW M2 and the Chevrolet Camaro Lt 1LE.
10.30 The Jaguar F-Pace S and the Porsche Macan Gts.
11.00 Featuring the Tesla Model S and the Audi RS7.
11.30 The Mazda MX-5 Miata RF and the Toyota 86 are pitted against each other.
12.00 **M'T Head 2 Head**
1.00 AM **Last Outpost**
2.00 to 5.00 AM **Texas Metal**

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.05 AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★★
7.45 **PREMIERE Turn Me On**
9.40 **Chuck Chuck Baby** (2023)
11.30 **The Bikeriders** As 8.00pm.
1.35 PM **Furiosa: A Mad Max Saga**
4.10 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★
6.10 **PREMIERE Turn Me On** Fantasy comedy drama with Bel Powley. (2024, 15, 99min) ★★★ See review, page 23.



6.10 Turn Me On

- 8.00 **The Bikeriders** Drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. With Michael Shannon and Mike Faist. (2023, 15, 116min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Furiosa: A Mad Max Saga** Fantasy prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
2.50 **Chuck Chuck Baby** Romantic drama starring Louise Brealey. (2023, 15, 101min) ★★★★★
4.45 **Sky Cinema Preview**
5.15 to 7.05 AM **PREMIERE Turn Me On** As shown at 6.10pm.

Sky Cinema Drama

310 410 510 524

- 6.00 AM **Lamborghini: The Man Behind the Legend** Biopic. (2022, 12, 97min) ★★
7.40 **Straight Outta Compton** Biopic. (2015, 15, 147min) ★★★
10.15 **Frost/Nixon** Fact-based drama. (2008, 15, 122min) ★★★★★
12.20 PM **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★★
2.10 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★★
4.00 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★★
6.00 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★★★
8.00 **Dunkirk** Christopher Nolan's wartime drama starring Kenneth Branagh, Tom Hardy, Mark Rylance and Fionn Whitehead. (2017, 12, 106min) ★★★★★
10.00 **Steve Jobs** Danny Boyle's biopic with Michael Fassbender. (2015, 15, 119min) ★★★★★
12.10 AM **The Starling Girl** Drama starring Eliza Scanlen. (2023, 15, 117min) ★★★★★
2.20 **Six Minutes to Midnight** Thriller starring Judi Dench. (2020, 12, 99min) ★★★★★
4.15 to 6.25 AM **Minyan** Drama. (2020, 15, 130min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.20 AM **Barber** As 4.30am.
7.55 **Shazam! Fury of the Gods**
10.05 **The Mummy** Adventure. (1999, 15, 124min) ★★★★★
12.10 PM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★★
2.20 **The Mummy: Tomb of the Dragon Emperor** Adventure. (2008, 12, 112min) ★★★
4.15 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★★
6.15 **IF** Fantasy. (2024, U) ★★★
8.00 **Ghostbusters: Frozen Empire** Supernatural comedy adventure sequel starring Paul Rudd and Carrie Coon. Three generations of Ghostbusters join forces to stop a second ice age. (2023, 12, 115min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **Shazam! Fury of the Gods** Fantasy adventure sequel. (2023, 12, 130min) ★★★★★
2.15 AM **Haunting of the Queen Mary** Horror starring Alice Eve. (2023, 18, 125min) ★★
4.30 to 6.10 AM **Barber** Mystery. (2023, 15, 90min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.10 AM **Resident Evil: Degeneration** As 4.15pm.
7.55 **Dorian Gray** As 6.00pm.
9.55 **A Quiet Place: Day One** Horror prequel with Lupita Nyong'o. (2024, 15, 100min) ★★★★★
11.45 **Minority Report** Sci-fi thriller. (2002, 12, 145min) ★★★★★
2.20 PM **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★★★
4.15 **Resident Evil: Degeneration** Animated zombie horror thriller. (2008, 15, 97min) ★★
6.00 **Dorian Gray** Gothic horror starring Ben Barnes and Colin Firth. (2009, 15, 112min) ★★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. A spacecraft goes in search of a new home for the human race. (2014, 12, 166min) ★★★★★
10.55 **Something in the Dirt** Comedy drama with Aaron Moorhead. (2022, 15, 116min) ★★★★★
12.55 AM **The Harbinger** Horror with Emily Davis and Gabby Beans. (2022, 15, 87min) ★★★★★
2.25 **Repo Men** Sci-fi action thriller. (2009, 18, 111min) ★
4.35 to 6.25 AM **Doom** Sci-fi horror thriller starring Karl Urban. (2005, 15, 105min) ★★★★★

Sky Cinema Family

306 406 506 520

- 7.30** AM **Addams Family Values** Comedy. (1993, PG) ★★★★★
- 9.20** **Angus, Thongs and Perfect Snogging** (2008, 12) ★★★★★
- 11.15** **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★★★
- 2.15** PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★★★
- 4.00** **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★★
- 6.00** **Hook** Fantasy adventure. (1991, U, 140min) ★★★



8.30 **Small Soldiers**

8.30 **Small Soldiers** Fantasy adventure starring Kirsten Dunst and Gregory Smith. A toy company launches a new range of deadly action dolls with a life of their own. With Jay Mohr and Phil Hartman. (1998, PG, 99min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Reuniting the Rubins** Comedy drama starring Timothy Spall, James Callis and Rhona Mitra. (2010, PG, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **A Tiger's Journey** Family drama starring Sunny Pawar. (2023, PG, 94min) ★★★

2.10 **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★

3.45 **Patch Adams** Comedy drama. (1998, 12, 115min) ★★

5.45 to **6.00** AM **The Cinema List: Family Favourites**

Sky Cinema Valentine

302 402 502 516

- 7.20** AM **Sweethearts** Comedy. (2024, 15, 100min) ★★★
- 9.00** **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★★★★
- 10.50** **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
- 12.25** PM **Mamma Mia! Here We Go Again** Musical sequel with Lily James and Amanda Seyfried. (2018, PG, 114min) ★★★★★
- 2.20** **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
- 4.10** **Anyone But You** Comedy. (2023, 15, 103min) ★★★★★
- 5.55** **Valentine's Day** Comedy. (2010, 12, 125min) ★★★
- 8.00** **Crazy Rich Asians** Romantic comedy starring Constance Wu. (2018, 12, 120min) ★★★★★
- 10.00** **No Hard Feelings** Comedy starring Jennifer Lawrence. A hard-up woman agrees to date a wealthy couple's awkward son. (2023, 15, 103min) ★★★
- 11.50** **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
- 1.25** AM **Love Again** Comedy. (2023, 12, 100min) ★★★
- 3.15** **Cicada** Drama with Matthew Fifer. (2020, 15, 96min) ★★★★★
- 4.55** to **7.00** AM **Spoiler Alert** Drama. (2022, 15, 112min) ★★★★★

Sky Cinema Stunts

307 407 507 521

- 6.25** AM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
- 8.15** **Haywire** (2012, 15) ★★★★★
- 9.55** **Fist of Fury** As 3.15am.
- 11.45** **Vendetta** Action thriller. (2022, 15, 96min) ★★
- 1.25** PM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
- 3.50** **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
- 5.55** **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★



10.35 **Sin City**

8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Sin City** Gory film noir thriller starring Bruce Willis, Mickey Rourke and Clive Owen. (2005, 18, 124min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Goodfellas** Martin Scorsese's gangster drama starring Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★

3.15 **Fist of Fury** Martial arts thriller starring Bruce Lee. (1972, 18, 106min) ★★★

5.05 to **6.45** AM **Vendetta** (2022)

Sky Cinema G-Grats

304 404 504 518

- 7.45** AM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★★
- 10.35** **Forrest Gump** Comedy drama. (1994, 12, 136min) ★★★★★
- 1.05** PM **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★★
- 3.20** **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★★
- 5.50** **Superman II** Adventure sequel. (1980, PG, 127min) ★★★★★
- 8.00** **Superman III** Adventure sequel starring Christopher Reeve. The Man of Steel comes up against a megalomaniac business tycoon who is using a bumbling computer genius to plan the crime of the century. (1983, PG, 123min) ★★★★★
- 10.05** **Superman IV: The Quest for Peace** Adventure sequel starring Christopher Reeve. The Man of Steel attempts to rid the world of nuclear weapons. (1987, PG, 90min) ★
- 11.40** **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
- 1.25** AM **Anatomy of a Murder** Drama starring James Stewart. (1959, b/w, 12, 160min) ★★★★★
- 4.05** **Sky Cinema Preview**
- 5.05** to **7.00** AM **Nineteen Nineteen** Drama. (1984, 15, 99min) ★★★★★

Sky Cinema Bridget Jones

308 408 508 522

- 6.30** AM **Bridget Jones: The Edge of Reason** As 6.10pm.
- 8.30** **Bridget Jones's Baby** (2016)
- 10.35** **Bridget Jones's Diary** (2001)
- 12.20** PM **Bridget Jones: The Edge of Reason** As 6.10pm.
- 2.20** **Bridget Jones's Baby** (2016)
- 4.25** **Bridget Jones's Diary** (2001)
- 6.10** **Bridget Jones: The Edge of Reason** Romantic comedy sequel with Renée Zellweger, Hugh Grant and Colin Firth. (2004, 15, 108min) ★★★★★



4.25 **Bridget Jones's Diary**

8.00 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Patrick Dempsey and Emma Thompson. (2016, 15, 123min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Bridget Jones's Diary** Romantic comedy starring Renée Zellweger, Colin Firth and Hugh Grant. A woman finds herself torn between her charming but untrustworthy boss and a seemingly aloof lawyer. (2001, 15, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Bridget Jones: The Edge of Reason** As shown at 6.10pm.

1.50 AM **Bridget Jones's Baby**

3.55 **Sky Cinema Preview**

4.55 to **6.50** AM **Bridget Jones: The Edge of Reason** (2004)

Sky Cinema Animation

305 412 500 514

- 7.10** AM **Mummies** (2023, U) ★★★
- 8.45** **The Super Mario Bros Movie** Animation. (2023, PG) ★★★
- 10.30** **Happy Feet** (2006, U) ★★★★★
- 12.25** PM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★★★
- 2.20** **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★★★★
- 4.00** **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
- 5.35** **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
- 7.10** **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★★
- 8.50** **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★★
- 10.25** **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★★★
- 11.50** **The Adventures of Tom Thumb and Thumbelina** Animated fantasy. (2002, U, 72min) ★★
- 1.15** AM **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
- 2.35** **The Swan Princess** Animated musical. (1994, U, 89min) ★★★★★
- 4.10** **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★★★
- 5.35** to **7.10** AM **Pil's Adventures**

Sky Cinema Thriller

309 409 509 523

- 7.15** AM **Murder by Numbers** Thriller. (2002, 15) ★★★★★
- 9.20** **The Bourne Supremacy** Thriller. (2004, 12) ★★★★★
- 11.10** **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
- 1.30** PM **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
- 4.15** **The Bourne Ultimatum** Thriller. (2007, 12) ★★★★★
- 6.20** **Dead Shot** Action thriller. (2023, 15, 92min) ★★★★★



8.00 **Public Enemies**

8.00 **Public Enemies** Gangster biopic starring Johnny Depp as 1930s bank robber John Dillinger, whose freewheeling crime spree across America's Midwest during the Depression turned him into a folk hero. With Christian Bale and Marion Cotillard. (2009, 15, 140min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Changing Lanes** Thriller starring Ben Affleck and Samuel L. Jackson. A minor road accident turns a New York attorney and an insurance salesman into bitter adversaries. (2002, 15, 99min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Swallowed** Horror thriller. (2022, 18, 96min) ★★

1.55 **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★★

3.25 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★★★

5.00 to **7.40** AM **Zero Dark Thirty**

Movies 24

312 419

- 7.00** AM **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
- 9.00** **Falling Together** Romantic drama. (2024, U, 90min) ★★
- 11.00** **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
- 1.00** PM **Writing a Love Song** Drama. (2024, PG, 85min) ★★
- 3.00** **Love and the Radio Star** Romantic comedy with Laura Miyata. (2022, PG, 90min) ★★
- 5.00** **The Love Subscription** Romantic comedy with Carolina Bartczak. (2023, PG, 86min) ★★
- 7.00** **Been There All Along** Romantic drama starring Marlie Collins and Adam Hollick. (2023, PG, 89min) ★★
- 9.00** **Marry Go Round** Romantic comedy starring Amanda Schull and Brennan Elliott. (2022, PG, 84min) ★★
- 11.00** **Perfect Harmony** Romantic comedy starring James Denton. (2022, PG, 84min) ★★
- 1.00** AM **Paging Mr Darcy** Romantic drama starring Mallory Jansen. (2024, PG, 84min) ★★
- 3.00** to **6.00** AM **Sweeter Than Chocolate** Romantic comedy. (2023, PG, 84min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **Zoo Family** drama. (2018, PG, 97min) ★★★★★
- 1.05** PM **Dunston Checks In** Comedy. (1995, PG) ★★★★★
- 2.50** **Clueless** Satirical comedy. (1995, 12, 97min) ★★★★★
- 4.40** **The Pursuit of Happyness** Rags-to-riches drama. (2006, 12, 117min) ★★★★★
- 6.55** **Gifted** Drama starring Chris Evans and Lindsay Duncan. (2017, 12, 101min) ★★★★★



9.00 **Deadpool 2**

Gifted
(film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Deadpool 2** Action comedy sequel starring Ryan Reynolds and Josh Brolin. The wisecracking anti-hero attempts to protect a young mutant being pursued by a heavily armed cyborg from the future. (2018, 15, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Entity** Horror movie allegedly based on real events. A young woman is menaced and repeatedly raped by an invisible entity. Stars Barbara Hershey and Ron Silver. (1983, 18, 125min) ★★

1.55 to **4.00** AM **Unsane** Steven Soderbergh's horror with Claire Foy and Joshua Leonard. (2018, 15, 98min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Thunder in the City** Comedy. (1937, b/w, PG, 88min) ★★
- 7.40** **What's On TPTV with Noel**
- 7.55** **Black Saddle** 13/24. (S2)
- 8.25** **Stingray** 9/39. (S1)
- 9.00** **Batman** 3/60. (S2)
- 9.30** **Space Patrol** 35/39. (S1)
- 10.00** **The Hostages** Crime drama. (1975, U, 60min) ★★
- 11.10** **The Adventures of Robin Hood**
- 11.40** **Undersea Kingdom** 11/12. (S1)
- 12.00** **NOON One Step Beyond** (S2)
- 12.35** PM **Evil Brain from Outer Space** Fantasy. (1964, PG, 78min) ★★
- 2.10** **Dick Barton: Special Agent**
- 2.25** **Fireball XL5**
- 3.00** **Captain Scarlet and the Mysterons** 5/32. (S1)
- 3.35** **Nowhere to Go** Suspense drama. (1958, PG, 87min) ★★
- 5.35** **Cappriccio** Documentary.
- 5.40** **The Green Cockatoo** Drama. (1937, b/w, U, 65min) ★★
- 7.00** **Z Cars** 24/31. (S10)
- 8.00** **Travelling Man** 6/7. (S2)
- 9.05** **The Thirty Nine Steps** Thriller. (1978, PG, 102min) ★★★★★
- 11.10** **Dead Man Out** (1989, 12) ★★
- 12.50** AM **The Blob** Sci-fi horror. (1958, 12, 81min) ★★★★★
- 2.35** **The Demon** (1979, 18) ★
- 4.20** **Reel Stories: The Projectionists**
- 5.30** to **6.00** AM **Out of Town**

Sky Sports Main Event

401 511 501 419 439

- 6.00 AM Sky Sports News
6.30 Back Pages Tonight
7.00 Good Morning Sports Fans
9.30 **LIVE DP World Tour Golf**
Coverage of day three of the Qatar Masters at Doha Golf Club.
11.00 **LIVE EFL Sunderland v Watford.** Coverage of the Championship match from the Stadium of Light, as both sides look for an important three points in their push for promotion. A late penalty from Tom Dele-Bashiru helped Watford to a 2-1 win in the reverse fixture at Vicarage Road, but Sunderland are enjoying a strong campaign and will be hopeful of revenge in front of their own fans. Kick-off is at 12.30pm.
3.00 PM Gillette Soccer Saturday
6.00 **LIVE PGA Tour Golf** Coverage of the third day of the WM Phoenix Open at TPC Scottsdale in Arizona. Nick Taylor of Canada was the victorious player last year.
11.30 **LIVE ATP Tennis** Coverage of the sixth day of the ATP Dallas Open, a hard-court tournament staged at Stylinger/Altec Tennis Complex in Dallas, Texas.
1.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

402 512 502 420 440

- 6.00 AM PL Greatest Games
7.00 Premier League Years
9.00 The Big Interview
9.30 Premier League Stories
10.00 Saturday Social
11.00 Premier League Stories
11.30 The Big Interview
12.00 NOON Gillette Soccer Saturday
6.00 PM The Big Interview A Premier League star of the past or present.
6.30 Premier League Stories Behind the scenes of the Premier League.
7.00 Unpacked Fans' questions.
7.30 My Origin Story: Unai Emery
7.45 My Origin Story: Matthijs De Ligt A look at the rise of the Manchester United defender.
8.00 Chasing the Dream A look into the English football system.
8.30 Tony Pulis and Rob Dorsett find out how footballers make it.
9.00 The stories of those who dropped out of the academy.
9.30 Behind-the-scenes access at Manchester United.
10.00 Class of '92: Full Time
1.00 AM PL Retro Manchester United v Tottenham Hotspur in 1998/99.
3.00 PL Greatest Games
4.00 Premier League Best Goals
5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 513 503 421 441

- 6.00 AM EFL Cup Highlights
10.00 Saturday Social
11.00 **LIVE EFL Sunderland v Watford.** Coverage of the Championship match from the Stadium of Light, as both sides look for three points in their push for promotion. Kick-off is at 12.30pm.
3.00 PM Gillette Soccer Saturday
5.20 **LIVE Bundesliga Borussia Moenchengladbach v Eintracht Frankfurt.** Coverage of the German top-flight match from Borussia Park. The visitors have won both encounters with Moenchengladbach this season including a 2-1 victory in the second round of the German Cup. Frankfurt also won the reverse fixture back in September 2-0 thanks to goals in either half from Hugo Larsson and Omar Marmoush, who recently joined Manchester City. Kick-off 5.30pm.
7.30 EFL Sunderland v Watford.
9.30 EFL Highlights West Bromwich Albion v Sheffield Wednesday.
9.45 EFL Cup Highlights Action from Newcastle United v Arsenal.
10.15 Liverpool v Tottenham.
10.45 PM to 6.00 AM EFL Highlights

Sky Sports Cricket

404 514 504 422 442

- 6.00 AM WPL UP Warriorz v Royal Challengers Bangalore in 2024.
7.00 ICC Men's T20 World Cup
8.30 ICC Men's World Cup 2023
10.00 ICC Men's T20 World Cup
11.00 WPL Highlights from Gujarat Giants v UP Warriorz in 2024.
12.00 NOON SA20 T20 action.
3.00 PM **LIVE SA20** Coverage of the final of the tournament staged at DP World Wanderers Stadium in Johannesburg, as this year's champions are crowned. This is the third year of this event with the previous two finals being won by Sunrisers Eastern Cape. The Sunrisers won last year's final as they hammered Durban's Super Giants by a massive 89 runs.
8.00 Best of ICC WT20 England v the Netherlands from 2009.
8.15 England v India in 2009.
8.30 New Zealand v Pakistan.
8.45 India v Australia in 2016.
9.00 Best of ICC WT20
10.00 SA20 Action from the final at DP World Wanderers Stadium.
11.00 WPL UP Warriorz v Royal Challengers Bangalore in 2024.
12.00 M'T SA20 A replay of the final.
5.00 to 6.00 AM Best of ICC WT20

Sky Sports Golf

405 515 505 423 443

- 6.00 AM PGA Tour Golf
9.00 HotelPlanner Tour Golf
9.30 **LIVE DP World Tour Golf**
Coverage of day three of the Qatar Masters at Doha Golf Club.
2.00 PM Asian Tour Golf
3.00 Golf's Greatest Holes
3.30 HotelPlanner Tour Golf
4.00 **LIVE PGA Tour Golf** Coverage of the early stages of the third day of the WM Phoenix Open staged at TPC Scottsdale in Arizona.
6.00 **LIVE PGA Tour Golf** Coverage of day three of the WM Phoenix Open at TPC Scottsdale, Arizona.
11.30 HotelPlanner Tour Golf
12.00 M'T Golf's Greatest Holes
12.30 AM Asian Tour Golf
1.30 PGA Tour Golf Phoenix Open.
4.30 to 6.00 AM Playing Lessons

Sky Sports Tennis

407 517 507 425 445

- 6.00 AM WTA Tennis Singapore Open.
7.00 WTA & ATP Tennis
1.00 PM **LIVE WTA Tennis** Coverage of the final of the WTA Abu Dhabi Open staged at Zayed Sports City International Tennis Centre.
3.00 **LIVE WTA & ATP Tennis** Featuring the WTA Abu Dhabi Open and ATP Rotterdam Open.
5.00 ATP Tour This Week
5.30 ATP Tennis Montpellier Open.
6.30 **LIVE ATP Tennis** Coverage of day six of the ATP Rotterdam Open and ATP Dallas Open.
10.00 WTA Tennis The Linz Open final.
11.00 **LIVE ATP Tennis** Coverage of day six of the ATP Dallas Open.
1.00 AM Billie Jean King: My Story
1.15 Martina Navratilova: Unstoppable An interview.
1.30 ATP Sizzle Reel 2024
1.45 WTA Sizzle Reel 2024
2.00 to 6.00 AM WTA Tennis

Sky Sports Mix

416 873 510 429 449

- 6.00 AM Super League Highlights
7.00 Fight Night Azim v Lipinets.
8.00 **LIVE Golf** The fourth day of the African Amateur Championship.
11.00 Super League Highlights
12.00 NOON SA20 T20 action.
2.00 PM Super League Highlights
2.30 **LIVE Netball Nations Cup Malawi v South Africa.** Coverage from Copper Box Arena. Centre-pass 3.00pm.
4.30 **LIVE Netball Nations Cup England v Uganda.** Coverage of the match from Copper Box Arena. Centre-pass is at 5.00pm.
7.00 Game On Documentary.
8.15 Super League Highlights
9.00 **LIVE NCAA Basketball** North Carolina Tar Heels v Pittsburgh Panthers. Coverage of the college match from Dean Smith Centre. Tip-off 9.00pm.
11.00 **LIVE NCAA Basketball** Clemson Tigers v Duke Blue Devils. The college match from Littlejohn Coliseum in Clemson, South Carolina. Tip-off 11.00pm.
1.00 AM NFL Highlights
2.00 Fight Night Azim v Lipinets.
3.00 Super League Highlights
4.00 PGA Tour Golf Phoenix Open.
5.00 to 6.00 AM Playing Lessons

Sky Sports F1

406 516 506 424 444

- 6.00 AM The Home of F1
12.00 NOON Formula 1
2.25 PM F1 Explained: Constructors' Championship Formula 1 Action from 2024.
7.30 Formula 1 Another chance to see the 2024 Qatar Grand Prix.
9.45 The 2024 Abu Dhabi GP.
12.00 M'T to 6.00 AM The Home of F1

TNT Sports 1

410 870 527 408 430

- 6.00 AM **LIVE Isuzu UTE A-League Newcastle Jets v Melbourne Victory.** The Australian top-flight match. Kick-off is at 6.00am.
8.00 Champions League Magazine
8.30 **LIVE Isuzu UTE A-League Sydney FC v Western Sydney Wanderers.** The Australian top-flight match. Kick-off 8.35am.
10.30 TNT Sports Reload
11.00 Premiership Rugby Cup
12.00 NOON **LIVE Allianz Premiership Women's Rugby Bristol Bears v Exeter Chiefs.** Coverage of the match at Ashton Gate. Kick-off 12.15pm.
2.30 PM Unbreakable: England 2003
3.45 What I Wore
4.00 Sign Up - Into Football
4.45 TNT Sports Cricket Reload
5.00 The WRC Magazine
5.30 Fight Night A bout preview.
6.30 **LIVE Fight Night Live Derek Chisora v Otto Wallin.** The heavyweight bout at Co-op Live.
12.00 M'T Fight Night Bout previews.
12.30 AM Fight Week UFC 312.
1.00 **LIVE UFC** The preliminary bouts.
3.00 to 7.00 AM **LIVE UFC** Driscus du Plessis v Sean Strickland. The UFC middleweight title bout.

TNT Sports 2

411 871 528 409 431

- 6.00 AM **LIVE Test Cricket Sri Lanka v Australia.** Coverage of the third day of the second and final Test in the series staged at Galle International Stadium.
12.30 PM One Day International Cricket India v England.
1.30 Crouchy and Cole
2.00 What I Wore John Barnes.
2.30 Ultimate Pool Action from Group Five of the Champions League.
4.00 Fishing: On the Bank
5.00 Isuzu UTE A-League
7.00 UEFA Europa League & Conference League Magazine
8.00 NBA Action A round-up of the latest action from the NBA.
8.30 NBA on Fire The latest news.
9.00 **LIVE NBA** Los Angeles Lakers v Indiana Pacers. The inter-conference match from Crypto.com Arena. Tip-off 9.00pm.
11.30 UFC Countdown
12.30 AM UEFA Europa League & Conference League Magazine
1.30 TNT Sports Cricket Reload
2.00 SailGP Highlights
4.01 **LIVE SailGP** Coverage of the second day of the third round of the season staged in Sydney.
5.30 to 6.00 AM TNT Sports Reload

TNT Sports 3

417 874 529 410 432

- 6.00 AM **LIVE A-League Women Canberra United v Central Coast Mariners.** Coverage from McKellar Park. Kick-off 6.00am.
8.00 Sign Up - Into Football
8.45 **LIVE A-League Women Newcastle Jets v Melbourne City.** From McDonald Jones Stadium. Kick-off is at 8.45am.
10.45 Premier League Reload
11.00 UEFA Champions League
12.00 NOON Classic Premier League
2.00 PM Formula E Highlights
5.00 TNT Sports Reload
5.30 Test Cricket Highlights
6.30 One Day International Cricket
7.30 Premiership Women's Rugby
8.30 The WRC Magazine
9.00 Test Cricket Highlights
10.00 Isuzu UTE A-League
12.00 M'T TNT Sports Reload
12.30 AM Test Cricket Highlights
1.30 **LIVE NBA** New York Knicks v Boston Celtics. The Eastern Conference match from Madison Square Garden. Tip-off 1.30am.
4.00 TNT Sports Cricket Reload
4.15 to 6.00 AM **LIVE Test Cricket** Sri Lanka v Australia. The fourth day of the second and final Test from Galle International Stadium.

Sky Sports NFL

408 517 507 426 446

- 6.00 AM Super Bowl LVIII Highlights
8.00 NFL: America's Game
9.00 Kansas City Chiefs: The Franchise Behind the scenes.
9.30 Super Bowl LVIII Bitesize
9.45 Super Bowl LV Bitesize
10.00 Super Bowl LVIII Highlights
12.00 NOON NFL Bitesize Highlights
1.00 PM The NFL Honours
3.00 Super Bowl LV Bitesize
3.15 Super Bowl LVI Bitesize
3.30 Super Bowl LVIII Bitesize
3.45 Super Bowl LVIII Bitesize
4.00 NFL Highlights Action from Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
5.00 Here Come the Irish
5.30 NFL Bitesize Highlights
6.00 Super Bowl LV Highlights
Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
8.00 Super Bowl Live Interviews with people involved in the NFL's showpiece match.
12.00 M'T The Insiders The latest news covering all 32 NFL teams.
1.00 AM NFL Highlights Detroit Lions v Washington Commanders.
2.00 Super Bowl LIV Highlights
4.00 NFL Highlights
5.00 to 6.00 AM NFL Bitesize Highlights

TNT Sports 4

421 876 530 411 434

- 6.00 AM NBA Classic Archive action.
8.00 NBA Action Highlights.
8.30 NBA on Fire The latest news.
9.00 NBA Two match replays.
12.00 NOON NBA Classic
2.00 PM NBA Action Highlights.
2.30 NBA on Fire The latest news.
3.00 NBA Another chance to see Boston Celtics v Dallas Mavericks.
4.30 NBA A replay of Los Angeles Lakers v Golden State Warriors.
6.00 NBA Classic A look back at New York Knicks v Charlotte Bobcats in the 2013/14 season.
8.00 MLB Classic World Series.
9.00 TNT Sports Reload
9.30 UFC Countdown
10.30 MLB Classic A look at the 1995 Major League Baseball season.
11.30 MLB Classic Archive action.
2.00 AM Allianz Premiership Women's Rugby Recent action.
3.00 Isuzu UTE A-League
5.00 to 6.00 AM Fishing: On the Bank

Eurosport 1

413 870 521 412 435

- 6.05 AM Ski Jumping In Lake Placid.
7.05 Alpine Skiing From Saalbach.
8.05 **LIVE Nordic Combined Skiing** From Otepaa in Estonia.
8.45 Winter Sport: Mia Brookes.
9.05 **LIVE Nordic Combined Skiing** From Saalbach.
10.10 **LIVE Alpine Skiing** In Saalbach.
12.45 PM Winter Sport Zoe Atkin.
1.00 **LIVE Nordic Combined Skiing** From Otepaa in Estonia.
1.45 Ski Jumping From New York.
2.45 **LIVE Ski Jumping** In Lake Placid.
4.45 Alpine Skiing In Saalbach.
5.45 Discovery Golf
6.20 Ski Jumping From Lake Placid.
7.20 **LIVE Ski Jumping** In Lake Placid.
9.00 Winter World University Games
9.30 Winter Sport Andrew Musgrave.
9.45 **LIVE Ski Jumping** In Lake Placid.
11.45 Ski Jumping From New York.
12.45 AM Cycling Recent highlights.
2.00 Ski Jumping From Lake Placid.
3.00 Alpine Skiing In Saalbach.
4.00 to 6.05 AM Cycling

Eurosport 2

414 871 522 413 436

- 6.00 AM Masters Snooker
8.00 Show Jumping In California.
9.00 Cycling: Tour of Valencia
9.55 Cycling: Women's UAE Tour
10.50 **LIVE Cycling: Women's UAE Tour** Coverage of stage three.
12.35 PM **LIVE Cyclo-Cross** The women's race from Middelkerke.
1.45 Cycling: Strade Bianche
2.05 **LIVE Cyclo-Cross** The men's race from Middelkerke, Belgium.
3.15 **LIVE Cycling: Tour of Valencia** Coverage of stage four, which follows a route of 181km.
4.15 Cycling: Women's UAE Tour
5.10 Cyclo-Cross From Middelkerke.
7.00 Cycling: Women's UAE Tour
8.00 Cycling: Tour of Valencia
9.00 Snooker: German Masters
11.00 Cycling: Tour of Valencia
12.00 M'T Cyclo-Cross From Belgium.
2.00 AM Cycling: Tour of Valencia
3.00 Cycling: Women's UAE Tour
4.00 Ski Jumping From New York.
5.00 to 6.00 AM Alpine Skiing

Sky Sports+

412 518 508 427 447

- 6.00 AM Sky Sports News
6.30 **LIVE NRL** Penrith Panthers v Canberra Raiders. Coverage of the pre-season challenge match at Sharks Stadium in Woollooware, Sydney. Kick-off is at 6.30am.
8.30 Good Morning Sports Fans
10.00 Sky Sports News
11.00 EFL Build-Up
12.25 PM **LIVE EFL** West Bromwich Albion v Sheffield Wednesday. The Championship match at the Hawthorns. Kick-off 12.30pm.
3.00 Gillette Labs Soccer Saturday
5.20 **LIVE Bundesliga Borussia Moenchengladbach v Eintracht Frankfurt.** Coverage of the German top-flight match at Borussia Park. Kick-off 5.30pm.
7.30 Sky Sports News
8.00 **LIVE ATP Tennis** Coverage of day six of the ATP Dallas Open at Stylinger/Altec Tennis Complex.
10.00 PM to 6.00 AM Sky Sports News

Football

LIVE!



FA Cup Fourth Round

BBC iPlayer, ITV1 & BBC1

Blackburn Rovers v Wolves (12.30pm),
Plymouth Argyle v Liverpool (3pm) and
Aston Villa v Tottenham (5.35pm).

Crime Drama

NEW



Unforgotten

ITV1, 9pm (box set, ITVX)

As the crime drama returns, Sunny
and Jess investigate the grisly case of a
dismembered body found in marshland.

Comedy

NEW



Big Boys

C4, 10pm & 10.30pm (box set, Channel 4)

With their final year at uni looming, Danny
and Jack set off on a four-night holiday
to Faliraki with some bingo winnings.

American Football

LIVE!



Super Bowl LIX

ITV1, Sky Sports, Sky Showcase & DAZN,

kick-off 11.30pm

Coverage of Kansas City Chiefs v
Philadelphia Eagles from New Orleans.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	5.20 Football: The FA Cup – Live	8.05 Call the Midwife	9.05 Miss Austen	10.00 News	10.30 Rugby Union... †
102 BBC2	7.00 Antiques Roadshow	8.00 This Farming Life	9.00 Life and Death Row	10.00 Film: Blue Velvet	
103 ITV1	6.25 Dancing on Ice	8.00 Who Wants to Be a Millionaire?...	9.00 Unforgotten	10.00 News	10.15 Bradley & Barney Walsh...
104 CHANNEL 4	6.45 Our Welsh Chapel Dream	7.45 The Great Pottery Throw Down	9.00 Celebrity Hunted	10.00 Big Boys	
105 CHANNEL 5	6.05 The Great...	7.30 Ice Age: Apocalypse	9.00 Expedition: Search for the Nile	10.00 When 70s TV Goes Horribly Wrong	
106 SKY SHOWCASE	7.00 Rob & Romesh vs the NFL	8.00 David Attenborough's Global Adventure	9.00 Boyzone: No Matter What	10.00 Super Bowl LIX – Live	

ENTERTAINMENT

115 BBC3	7.00 EastEnders	8.00 Top Gear	9.00 The Apprentice	10.00 Apprentice...	10.30 Film: Eighth...
116 BBC4	7.00 Timewatch: The Empire State Story	8.00 Amazon with Bruce Parry	9.00 An Evening with Nat King...	9.45 Johnny Mathis: Tribute to Nat King Cole	
118 ITV2	7.05 Film: Legally Blonde 2: Red, White & Blonde		9.00 Love Island: All Stars	10.05 Olivia Attwood: Getting Filthy Rich	
136 MORE4	6.50 Four in a Bed	7.55 PopMaster TV	9.00 999: On the Front Line	10.00 24 Hours in A&E	
135 E4	7.00 The Simpsons		9.00 Film: Meet the Fockers		
107 SKY WITNESS	7.00 Nothing to Declare		9.00 Law & Order: Special Victims Unit	10.00 FBI: International	
108 SKY ATLANTIC	6.50 The Sopranos		9.00 The Wire	10.00 Succession	
110 U&GOLD	7.00 Only Fools and Horses	8.20 Dad's Army	9.00 Mrs Brown's Boys	9.40 Billy Connolly Does...	10.40 Fast...
111 U&DAVE	7.00 Special Ops: To Catch a Criminal	8.00 Guy Martin: Proper Jobs	9.00 Have I Got a Bit More News for You	10.00 QI XL	10.40 Mock...
119 ITV3	7.00 Mr Bean	8.00 Doc Martin	9.00 Rosemary & Thyme	10.05 Vera	
120 ITV4	4.45 Film: Battle of Britain	7.40 Film: You Only Live Twice		10.00 Film: Alien³	
112 COMEDY CENTRAL	7.20 Film: Mr Bean's Holiday		9.00 Film: Robin Hood: Men in Tights		
139 SKY SCI-FI	7.00 Stargate SG-1		9.00 Grimm		
113 SKY MAX	7.00 Rob & Romesh vs the NFL	8.00 Freddie Fries Again	9.00 Film: Need for Speed		
109 U&ALIBI	7.00 Hudson & Rex		9.00 Death in Paradise	10.00 Far North	
130 SKY ARTS	5.20 Cliff Richard and the Shadows...	8.00 Film: A Shot in the Dark		10.05 Laurel and Hardy: Their Lives and...	
132 U&W	7.00 Inside the Operating Theatre		9.00 Nurses on the Ward		

DOCUMENTARY

125 DISCOVERY	7.00 Alaska: Homestead Rescue		9.00 Marooned with Ed Stafford	10.00 Custom Carolina	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Coyote Peterson: Brave the Wild	9.00 Tanked	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Mutant Weather	8.00 Mysterious Islands	9.00 Hitler's Death Squad	10.00 Drain the Oceans	
123 SKY HISTORY	7.00 How the Nazis Lost the War	8.00 Human Torpedoes of WW2	9.00 The Plague		
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It	8.05 One Foot in the Grave		10.10 Bangers & Cash	
121 SKY DOCS	6.45 Tina		9.00 Boyzone: No Matter What	10.00 Nothing Compares	

FILMS - Sky Cinema

301 PREMIERE	5.55 The Bikeriders	8.00 Furiiosa: A Mad Max Saga		10.35 Bad Boys...	
302 VALENTINE	6.25 Along Came Polly	8.00 How to Lose a Guy in 10 Days		10.00 Just Like Heaven	
303 HITS	5.55 Justice League	8.00 Aquaman		10.25 Aquaman and the...	
304 GREATS	6.15 Superman IV – The Quest for Peace	8.00 Top Gun	9.55 The Italian Job		
305 ANIMATION	7.10 Paws of Fury: The Legend of Hank		9.00 Pil's Adventures	10.40 Swan...	
306 FAMILY	6.15 The Hobbit: An Unexpected Journey		9.05 A Tiger's Journey		
307 STUNTS	6.15 300: Rise of an Empire	8.00 The Equalizer 3		10.00 Goodfellas	
308 BRIDGET JONES	6.55 Bridget Jones's Baby		9.00 Bridget Jones's Diary		
309 THRILLER	6.30 Jericho Ridge	8.00 Now You See Me		10.00 The Island	
310 DRAMA	5.35 Defiance	8.00 The Illusionist		10.00 Eternal Sunshine of the Spotless Mind	
311 SCI-FI	6.25 Gravity	8.00 War of the Worlds		10.05 Rosemary's Baby	
313 FILM4	6.40 A Good Year		9.00 Indiana Jones and the Last Crusade		

SPORT

401 MAIN EVENT	6.00 PGA Tour Golf – Live: The WM Phoenix Open			10.00 Super Bowl LIX – Live	
402 PREMIER LEAGUE	7.00 Sticker Book	8.00 Chasing the Dream		10.00 Class of '92: Full Time	
403 FOOTBALL	6.00 EFL	8.00 EFL Highlights	8.30 EFL Cup Highlights	9.30 EFL Highlights	
404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL	9.00 SA20		10.00 ICC Champions Trophy Cricket
410 TNT SPORTS 1	7.00 UEFA Magazine	7.30 Serie A – Live: Football from Italy's top division		9.45 One Day International Cricket	
411 TNT SPORTS 2	7.00 NBA – Live: Milwaukee Bucks v Philadelphia 76ers (Tip-off 7.00)		9.30 NBA on Fire	10.00 Isuzu UTE A-League	



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
7.40 Match of the Day: FA Cup (S)(R)
9.00 Sunday with Laura Kuenssberg
10.00 Politics England (S)
10.30 Sunday Morning Live **New edition**
11.30 Homes Under the Hammer (S)(R)
12.00 NOON Bargain Hunt (S)(R)(AD)
12.45 PM BBC News (S)
1.00 Songs of Praise **New edition** (S)
1.35 Quentin Blake's Box of Treasures **New episode** (S)(AD)
2.00 **LIVE** Rugby Union: Six Nations Scotland v Ireland: All the action from Scottish Gas Murrayfield Stadium. Kick-off is at 3.00. (S)
5.00 BBC News (S)
5.10 Local News (S)
5.20 **LIVE** Football: The FA Cup Aston Villa v Tottenham Hotspur: Coverage of the fourth-round tie at Villa Park. Kick-off is at 5.35. (S)



9.05 Miss Austen

LIVE Football: The FA Cup (started at 5.20pm)

BBC2

- 102** **102** **2** **102** **102**
- 6.40** AM Countryfile (S)(R)
7.40 Breakfast (S)
9.00 Weatherman Walking (S)(R)
9.30 Saturday Kitchen Best Bites **New edition** Series highlights. (S)
11.00 Andi Oliver's Fabulous Feasts A party in Bristol. (S)(R)(AD)
12.00 NOON The A to Z of TV Cooking Clips from the BBC archive. (S)(R)
12.15 PM This Farming Life (S)(R)
1.15 **FILM** Scott of the Antarctic Adventure drama with John Mills. (S)(AD) (1948, U, 105min) ★★★
3.00 A Countryside Winter (S)(R)(AD)
3.30 Inside the Factory 6/6. Paddy McGuinness finds out how sausage rolls are made. (S)(R)(AD)
4.30 Ski Sunday Highlights of the Alpine Ski World Championships from Saalbach, Austria. (S)
5.15 Flog It! From Somerset. (S)(R)



8.00 This Farming Life

- 6.00** Countryfile **New edition** A look at the latest rural developments, including reports on issues affecting country communities and insights into the life of the modern farmer. (S)
7.00 Antiques Roadshow Fiona Bruce presents the show from Alexandra Gardens in Cardiff, where highlights include valuable jewellery found at car boot sales and original Beatrix Potter illustrations. (S)(R)
8.00 This Farming Life **New edition** 3/12. Kezia decides it's time to take her pigs to market – but they have other ideas. Elsewhere, Paul and Mel have two suspiciously large ewes pregnancy scanned. (S)
9.00 Life and Death Row 3/3. The final weeks of the appeals process for convicted killer Ramiro Gonzales. (S)(R)
9.50 Saving Lives at Sea RNLI volunteers search for a missing kitesurfer. (S)(R)(AD)
10.00 **FILM** Blue Velvet David Lynch's offbeat thriller starring Kyle MacLachlan, Dennis Hopper and Isabella Rossellini. A teenager digs beneath the placid surface of a small, American town and discovers a hellish underworld. (S) (1986, 18, 115min) ★★★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 **FILM** The Elephant Man David Lynch's moving real-life period drama starring John Hurt, Anthony Hopkins and John Gielgud. (S)(AD) (1980, b/w, PG, 120min) ★★★★★
1.55 AM Sign Zone: Amanda & Alan's Spanish Job (S)(R)(AD)
2.25 Sign Zone: Question Time (S)(R)
3.25 Sign Zone: Silent Witness (S)(R)
4.25 to 6.30 AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM The Masked Singer (S)(R)(AD)
7.25 James Martin's Saturday Morning With Tracy-Ann Oberman. (S)(R)
9.25 ITV News (S)
9.30 Love Your Weekend with Alan Titchmarsh **New edition** (S)
11.25 Fletchers' Family Farm **New edition** 9/10. The Fletchers focus on diversification. (S)(AD)
12.25 PM Nisha Katona's Home Kitchen The restaurateur shares her passion for good food. (S)(R)
1.25 ITV News (S)
1.40 Pictionary Game show. (S)(R)(AD)
2.15 **LIVE** Football: The FA Cup Plymouth Argyle v Liverpool: Mark Pougatch presents all the action from the fourth-round tie at Home Park. Kick-off is at 3.00. (S)
5.25 Tipping Point: Best Ever Finals Dramatic endgames. (S)(R)



6.25 Dancing on Ice

- 6.00** ITV News (S)
6.15 Local News (S)
6.25 Dancing on Ice **New edition** As the competition heats up, the bottom two couples battle it out on the ice, performing once more to impress judges Christopher Dean, Jayne Torvill, Ashley Banjo and Oti Mabuse and avoid elimination. Hosted by Holly Willoughby and Stephen Mulhern. (S)
8.00 Who Wants to Be a Millionaire? Celebrity Special **New edition** Julie Hesmondhalgh and Tony Bellew attempt to answer 15 questions correctly in the hope of winning £1 million for charity. (S)
9.00 **NEW SERIES** Unforgotten 1/6. Crime drama with Sanjeev Bhaskar and Sinéad Keenan. Suspected human remains are uncovered on Whitney Marsh. See feature, page 8. (S6) (S)(AD) ■ Continues tomorrow
10.00 ITV News (S)
10.15 Bradley & Barney Walsh: Breaking Dad 1/6. The actor and his son head off on a road trip across Europe. (S)(R)(AD)
10.45 **LIVE** Super Bowl LIX Kansas City Chiefs v Philadelphia Eagles: Craig Doyle presents coverage of the showpiece match from Caesars Superdome in New Orleans. Kick-off is at 11.30. See feature, page 28. (S)
4.00 AM Unwind with ITV (S)
5.05 to 6.00 AM Nisha Katona's Home Kitchen (S)(SL)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 5.50** AM Cheers 20&21/28. (S11) (S)(R)
6.45 Everybody Loves Raymond (S)(R)
7.35 Frasier 20-24/24. (S4) (S)(R)(AD)
10.00 Sunday Brunch **New edition** With James May, Billy Porter, Marisha Wallace, Krept and Konan, Shantol Jackson and Gordon Buchanan. (S)
1.00 PM The Simpsons (S)(R)(AD)
2.30 Four in a Bed The first venue of the week is Sawcliffe Manor in High Risby, Lincolnshire. (S)(R)
3.05 The second visit is to Rooms at the Inn, Retford. (S)(R)
3.35 The third visit is to Wolds Wine Estate in Nottinghamshire. (S)(R)
4.10 A visit to Dovestone Holiday Park in Greater Manchester. (S)(R)
4.40 The owners meet up. (S)(R)
5.15 Devon and Cornwall Fisherman Phil Trebilcock heads out to sea to find lobster and crab. (S)(R)(AD)



9.00 Celebrity Hunted

- 6.15** News (S)
6.45 Our Welsh Chapel Dream 1/4. Keith Brymer Jones and his partner Marj restore a 160-year-old derelict chapel on Wales's Llyn Peninsula, to turn it into a forever home with a pottery studio. (S)(R)(AD)
7.45 The Great Pottery Throw Down **New edition** 6/10. Host Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller challenge the remaining potters to sculpt realistic vegetable lamp bases, before Keith and Rich set a double-walled second challenge. (S)(AD)
9.00 Celebrity Hunted **New edition** 6/8. One of the celebs goes shopping while their partner does some live TV. In Cambridge, a pair of celebs use their dancing skills to get new supplies. (S)(AD)
10.00 **NEW SERIES** Big Boys 1/6. The third and final series of Jack Rooke's comedy. (S)(AD)
10.30 **New episode** 2/6. Guest stars Rylan. See feature, page 12. (S3) (S)(AD) ■ Entire series on C4 online
11.00 **FILM** London Has Fallen Action thriller sequel starring Gerard Butler. (S) (2016, 15, 110min) ★★
12.50 AM Ramsay's Kitchen Nightmares USA (S)(SL)(R)
1.40 Location, Location, Location (R)
2.35 The Fear Clinic: Face Your Phobia
3.30 Find It, Fix It, Flog It (S)(R)
3.40 The Simpsons (S)(R)(AD)
4.55 Frasier 16&17/24. (S2) (S)(R)(AD)
5.45 to 6.25 AM Countdown (S)(R)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.20 NFL: End Zone (S)
9.45 Escape to the Farm with Kate Humble Triple bill. (S)(R)
12.40 PM Scotland: A Year in the Wild Double bill. (S)(R)
2.35 Yorkshire Great and Small with Dan and Helen 1/6. Dan Walker and Helen Skelton marvel at the natural wonder of Malham Cove. (S)(R)
3.35 2/6. Dan and Helen discover the dark past of Robin Hood's Bay, before taking in the town of Whitby. (S)(R)
4.35 To the Manor Born: Britain's Best Loved Comedy A celebration of the sitcom starring Penelope Keith. (S)(R)



NEW

7.30 Ice Age: Apocalypse

- 6.05 The Great Storm of '87** Documentary looking back at the extratropical cyclone that devastated the UK in October 1987, but was dismissed hours before by BBC weatherman Michael Fish. Featuring contributions from Pete Waterman, Anne Diamond and Alan Titchmarsh. (S)(R)
7.25 News (S)
7.30 NEW SERIES Ice Age: Apocalypse 1/2. Steve Backshall and Michaela Strachan present this two-part special revealing the secrets of the ice age, beginning with a look at woolly mammoths and sabre-tooth cats. (S)

- 9.00 NEW SERIES Expedition: Search for the Nile** 1/2. Ben Fogle and Dwayne Fields follow in the footsteps of the 19th-century explorers who searched Africa for the source of the Nile. (S)
10.00 When 70s TV Goes Horribly Wrong A two-hour special looking back at the less-than-perfect moments from the '1970s' biggest shows, such as *Fawlty Towers*, *Jukebox Jury* and *Question Time*. (S)(R)
12.05 AM Million Pound Motorhomes (S)(R)
1.00 PlayOJ Live Casino Show (S)
3.00 Thames at Night with Tony Robinson (S)(R)
3.50 Rich House, Poor House (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures** Animated adventures. (S)(R)
6.05 My Little Pony: Friendship is Magic Double bill. (S)(R)
6.55 Where's Wally (S)(R)
7.45 Dig Detectives (S)(R)
8.00 Monkey Life (S)(R)(AD)
8.30 Sunday Morning with Trevor Phillips Topical discussion. (S)
10.00 FILM Gnomeo & Juliet Animation featuring the voices of James McAvoy and Emily Blunt. (2011, U, 83min) ★★
11.40 The Office (US) (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
4.00 The Simpsons Four episodes of the animation, including at:
5.30 A Serious Flanders - Part Two: Part two of two. Ned worries that the debt collectors will kill Homer. (S)(R)



6.00 The Simpsons

- 6.00 The Simpsons** *Portrait of a Lackey on Fire:* Homer plays matchmaker for Smithers. (S)(R)
6.30 Mothers and Other Strangers: A teenage Homer looks for his mother. (S)(R)
7.00 Rob & Romesh vs the NFL Rob Beckett and Romesh Ranganathan meet and train with American football players, then get kitted up for a match in front of 80,000 people. (S)(R)(AD)
8.00 David Attenborough's Global Adventure Documentary using previously unseen footage of some of the greatest filming sequences of David Attenborough's career. (S)(R)
9.00 Boyzone: No Matter What *New edition* 2/3. The documentary charts the band's growing success with their first number one single. But as their popularity soars, so does the tabloid mania. (S)
10.00 LIVE Super Bowl LIX Kansas City Chiefs v Philadelphia Eagles: Coverage of the showpiece match from Caesars Superdome in New Orleans. The Chiefs are looking to become the first team to win three consecutive Super Bowls after they beat the Buffalo Bills in the AFC Championship match. The Eagles beat the Washington Commanders in the NFC Championship match to reach their third Super Bowl in eight years. Kick-off is at 11.30. See feature, page 28.
4.00 to 6.00 AM Nothing to Declare

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
10.00am The Sunday Show (S)
10.30pm SportsScene: Scottish Cup Highlights (S)
11.15 Rugby Union: Six Nations (S)
12.15am NEW SERIES Superman & Lois (S)(AD)
12.55 Superman & Lois *New episode* (S)(AD) 1.40 Weather for the Week Ahead (S) 1.45-6.00am BBC News (S)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
1.35-2.00pm Wynne & Joanna: All at Sea (S)(R)
11.30 Scrum V Top 5 - Jonathan Davies (S)(R)
12.00m't NEW SERIES Superman & Lois (S)(AD)
12.40am Superman & Lois *New episode* (S)(AD) 1.20-6.00am BBC News (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
10.00pm Iarsmai (S)(R)
11.20 Sunday Politics Northern Ireland (S)(R)
11.50-11.55pm Barra on the Foyle (S)(R)

WALES
 Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw 8.50 Penblwyddi Cyw 9.00 Yn y Ffram 10.00 Antur y Gorllewin 11.00 Adre 11.30 Dechrau Canu Dechrau Canmol 12.00noon Gwesty Aduniad 1.00pm Bois y Pizza: Chwe' Gwlad (AD) 1.30 Cymry ar Gynfas 1.55 Ffermio 2.25 Clwb Rygbi Rhyngwladol 4.10 Pobol y Cwm Omnibws (AD) 5.15 LIVE Sgorio 7.45 Newyddion a Chwaraeon 8.00 NEW SERIES Y Llais 9.30 Ty Ffi 10.30 Y Ci Perffraith 11.00-11.35pm Pobol y Rhondda

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM EastEnders** Nish's will reading serves up a shock.
7.30 Martin and Stacey take a trip down memory lane.
8.00 Top Gear The presenters are challenged to travel from Switzerland to Blackpool on just one tank of fuel.
9.00 The Apprentice 2/12. Lord Sugar tasks the candidates to create a new virtual pop star and music video before pitching for sponsorship.
10.00 The Apprentice: You're Fired 2/11. Tom Allen meets the latest fired candidate.
10.30 FILM Eighth Grade Teen comedy drama starring Elsie Fisher. Introverted 13-year-old Kayla tries to make it through the last week of a disastrous year in eighth grade before starting high school. With Emily Robinson and Josh Hamilton. (2018, 15, 93min) ★★ ★★
12.00 MT In My Skin 1&2/5. (S2)
1.00 AM Boarders 2/6. (S2)
1.50 Top Gear As 8.00pm.
2.50 Life and Death Row
3.40 to 3.55 AM Dave's Games

MORE4

136/137 831 147 18 124

- 8.55 AM A Place in the Sun**
2.35 PM Come Dine with Me Five editions of the contest from Essex and Suffolk.
5.15 Four in a Bed The contest begins at the King's Head in Addlethorpe, Lincolnshire.
5.45 The second visit is to Beck Hall in North Yorkshire.
6.20 The third day of the competition takes place at The Albaston in Torquay.
6.50 The final stay of the week is at the Hotel Piccadilly in Bournemouth.
7.25 Four in a Bed The B&B owners meet one final time.
7.55 PopMaster TV Ken Bruce hosts the fourth heat of Britain's toughest music quiz.
9.00 999: On the Front Line Paramedics are called out to a woman who has fallen and may have broken her hip. It's only a few weeks since her last fall, in which she dislocated her hip.
10.00 24 Hours in A&E Doctors investigate the underlying medical conditions that may have caused a motorist to crash into a lamppost.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line Medical documentary.
1.10 24 Hours in A&E
2.15 Emergency Helicopter Medics Documentary.
3.20 to 3.50 AM Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Timewatch: The Empire State Story** Exploring the history of the Empire State Building.
7.50 The Flying Gardener From Dungeness, Kent.
8.00 Amazon with Bruce Parry The former Royal Marine undergoes a shamanic ritual.
9.00 An Evening with Nat King Cole A 1963 made-for-television special.
9.45 Johnny Mathis: Tribute to Nat King Cole The singer leads a musical tribute to Nat King Cole.
10.45 Natalie Cole in Concert Featuring the singer-songwriter and actress in concert at London's Hammersmith Odeon.
11.40 Wynton Marsalis Plays Blue Note: Jazz at Lincoln Center Orchestra
12.40 AM An Evening with Nat King Cole As 9.00pm.
1.30 Johnny Mathis: Tribute to Nat King Cole
2.25 to 3.25 AM Amazon with Bruce Parry

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks Omnibus**
7.10 Rude(ish) Tube Shorts
7.25 Ramsay's Kitchen Nightmares USA
11.25 The Big Bang Theory
1.25 PM FILM Hotel Transylvania Animation with the voice of Adam Sandler. (2012, U, 91min) ★★ ★★
3.10 FILM Home Alone 2: Lost in New York Comedy sequel starring Macaulay Culkin and Joe Pesci. (1992, PG, 120min) ★★
5.30 The Simpsons
8.00 The Simpsons Sorry Not Sorry: Lisa refuses to say sorry for insulting Miss Hoover.
8.30 A Springfield Summer Christmas for Christmas: A movie is filmed in Springfield.
9.00 FILM Meet the Fockers Comedy sequel starring Robert De Niro and Ben Stiller. A hapless male nurse undergoes a weekend of embarrassment when he introduces his prospective in-laws to his own parents. (2004, 12, 115min) ★★ ★★
11.15 Gogglebox
12.20 AM Open House: The Great Sex Experiment
1.30 Naked Attraction's Best Naughty Bits
2.40 First Dates
3.35 Modern Family
3.55 Ramsay's Kitchen Nightmares USA
4.45 to 6.00 AM Hollyoaks Omnibus

+1 hour 235/236 306 30 123

Sunday

primetime

primetime

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00** AM **Border Security: Canada's Front Line**
- 7.00** **Border Security USA**
- 8.00** **Border Security: America's Front Line** Double bill.
- 9.00** **Stop, Search, Seize**
- 10.00** **Customs UK**
- 11.00** **Paramedics Australia**
- 12.00** **NOON The Real A&E**
- 1.00** PM **Air Ambulance ER**
A car plummets 30ft into a ravine in rural Oxfordshire.
- 2.00** **Nothing to Declare** Ten editions following the work of customs officers in Australia.



10.00 **FBI: International**

Sky Atlantic

108/109 808 342 357

- 6.00** AM **Fish Town** Four editions.
- 10.20** **Big Love** 8-12/12. (S1)
- 3.35** PM **The Sopranos** 12/21. Phil Leotardo stokes the fiery feud between the New York and Jersey families.
- 4.40** 13/21. Tony heads to the lake house with Carmela to celebrate his birthday.
- 5.45** 14/21. Johnny Sack deals with devastating news.
- 6.50** 15/21. Tony leaves town after learning the FBI is digging at the site where he buried an old enemy. (S6)

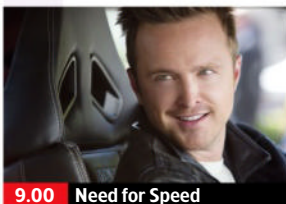


3.35 **The Sopranos**

Sky Max

113/114 813 111 346 351

- 6.00** AM **Manifest** 2-6/13. (S3)
- 11.00** **S.W.A.T.** Four episodes of the crime drama, including at:
- 2.00** PM 8/22. Violence erupts at a food truck festival. (S6)
- 3.00** **Grimm** 17/22. The search for Aunt Marie's mystical key grows more desperate.
- 4.00** 18/22. Nick and Hank are on the trail of a murderer.
- 5.00** 19/22. A creature is found drowned in wet cement.
- 6.00** 20/22. A case has eerie similarities to the *Cinderella* story. (S1)



9.00 **Need for Speed**

ITV2

118 816 115 6 113

- 6.00** AM **CITV**
- 9.00** **Totally Bonkers**
- Guinness World Records**
- 9.30** **Secret Crush** Double bill.
- 11.25** **Dinner Date** Double bill.
- 1.30** PM **Deal or No Deal: Celebrity Special**
- 2.35** **Celebrity Catchphrase**
- 3.40** **The Masked Singer**
- 5.10** **FILM Ice Age 3: Dawn of the Dinosaurs** Animated adventure sequel with the voice of John Leguizamo. Sid the sloth discovers three eggs. (2009, U, 93min) ★★★



10.05 **Getting Filthy Rich**

ITV3

119 117 10 115

- 6.00** AM **Never the Twain**
- 6.30** **Inspector Morse** Double bill.
- 11.00** **FILM The Magnificent Two** Comedy starring Eric Morecambe and Ernie Wise. (1967, PG, 96min) ★★
- 1.00** PM **Doc Martin** 5/9. (S2)
- 2.00** **Agatha Christie's Poirot** *The Adventure of Johnnie Waverly*: A man receives letters threatening to kidnap his son.
- 3.00** **Endeavour Girl**: A GP is found dead in a public lavatory.
- 5.00** **Fugue**: Morse tries to outwit a serial killer in Oxford.



9.00 **Rosemary & Thyme**

- 7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.
- 8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

- 9.00** **Law & Order: Special Victims Unit** *Jumped In*: 10/22. Benson becomes the target of a ruthless gang leader. (S24)

- 10.00** **FBI: International** *Don't Say Her Name Again*: 2/22. The Fly Team attempt to bring a local predator to justice. (S2)
- 11.00** **The Rookie** 19/20. Nolan, Chen and West are evaluated by their training officers. (S2)
- 12.00** **MT The Cleaning Lady** 3/10. Thony faces an ultimatum. (S1)
- 1.00** AM **Elsbeth** 5/10. (S1)
- 2.00** to **6.00** AM **Nothing to Declare**

+1 hour 207 310

- 7.55** **The Sopranos** *Chasing It*: 16/21. Tony is bitten by the gambling bug and urges Carmela to stake her property profits on the Jets, while AJ proposes to Blanca. (S6)

- 9.00** **The Wire** *Middle Ground*: 11/12. Cutty finds a way of funding his boxing gym and Brother Mouzone forms an alliance. (S3)

- 10.00** **Succession** *Pre-Nuptial*: 9/10. The Roy family assemble at an English castle to prepare for Shiv and Tom's wedding. (S1)

- 11.05** **Succession** 10/10. (S1)
- 12.25** AM **FILM L'Immortale** Prequel to drama series *Gomorrah* with Marco D'Amore. Subtitled. (2019, 15, 116min) ★★
- 2.30** **The Time Traveler's Wife**
- 3.40** **Gomorrah** 2/10. (S5)
- 4.50** to **6.00** AM **Urban Secrets**

+1 hour 208/209

- 7.00** **Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players.

- 8.00** **Freddie Fries Again** 3/6. Andrew Flintoff and Rob Penn head to the south coast of England, where a snake hunt goes awry.

- 9.00** **FILM Need for Speed** Action adventure starring Aaron Paul, Dominic Cooper and Imogen Poots. An ex-convict returns to the illegal street racing circuit to get revenge for his unjust imprisonment. (2014, 12, 132min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.15** **A League of Their Own** With guest Ollie Watkins.
- 12.15** AM **The Walking Dead: The Ones Who Live** 5/6. Rick and Michonne's journey is not as easy as they had hoped. (S1)

- 1.20** **Karl Pilkington: The Moaning of Life**
- 2.20** **Road Wars** Double bill.
- 4.00** to **6.00** AM **Air Ambulance ER**

- 7.05** **FILM Legally Blonde 2: Red, White & Blonde** Comedy sequel starring Reese Witherspoon. Dizzy blonde Elle Woods tackles Washington's political elite to win support for animal rights. (2003, PG, 95min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **Love Island: All Stars** *New edition* The final week is under way and the race to the finish is on.

- 10.05** **Olivia Attwood: Getting Filthy Rich** *New edition* 2/6. Olivia meets people who are getting rich from sexualising cosplay.

- 11.05** **Family Guy** 3/7. Stewie's first birthday arrives. (S1)
- 11.35** 18/20. Peter gets a job as a night watchman. (S21)
- 12.05** AM **American Dad!** (S1)
- 1.05** **G'wed** 1/5. (S2)
- 1.45** **The Emily Attack Show**
- 2.30** to **3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

- 7.00** **Mr Bean** The bumbling buffoon heads to the swimming pool.
- 7.30** The bungling hero goes shopping.

- 8.00** **Doc Martin** *The Family Way*: 6/9. The doctor is surprised when his parents visit, and PC Mylow proposes to Julie. (S2)

- 9.00** **Rosemary & Thyme** *The Tree of Death*: The duo are employed to restore a country churchyard in time for a medieval fair.

- 10.05** **Vera** *Poster Child*: Joined by a new addition to the ranks, Vera and the team investigate the murder of a respected surgeon and the abduction of his two teenage daughters. Guest stars Saskia Reeves.

- 12.00** **MT Lewis** *The Lions of Nemea*: A professor is suspected in his student lover's murder.
- 2.00** to **2.30** AM **Mr Bean**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106

REST OF UK 180 162 110

- 12.00** **NOON This Is BBC Scotland**
- 7.00** PM **Reporting Scotland**
- 7.15** **The Last Stone** How Great Britain's women's curling team won Olympic gold in 2002.
- 8.15** **Icons of Football** A profile of Jen Beattie.
- 8.45** **Rewind 1990s** News and music from 1990.
- 9.00** **Paramedics on Scene** A man has barricaded himself in his home and is throwing objects at the police officers.
- 10.00** **Still Game** 6/6. The Craiglang tower block is demolished. (S7)
- 10.30** **The Entertainment Mix** Culture and arts news with Michelle McManus.
- 11.00** **The Sunday Show** The main political issues.
- 11.30** PM to **12.00** M/T **The Trials That Shocked Scotland** A shooting on a quiet street on the outskirts of Glasgow.

Sky Comedy

114/115 814 112 347 362

- 8.00** AM **The Conners** (S3)
- 9.55** **Silicon Valley** (S5&6)
- 12.55** PM **Entourage** (S7)
- 3.40** **Ballers** 7&8. (S5)
- 4.50** **Los Espookys** (S1)
- 6.30** **The Office** (US) 12/26. It is all-out snowball war between Dwight and Jim.
- 7.00** 13/26. Michael waits to see whether Holly has got engaged.
- 7.30** 14/26. Andy hosts a business seminar.
- 8.00** 15/26. Michael goes missing in Scranton.
- 8.30** 16/26. Andy struggles to keep his jealousy in check. (S7)
- 9.00** **And Just Like That...**
- 10.40** **Sex and the City** (S3)
- 12.00** M/T **Flight of the Conchords** (S2)
- 1.00** AM **Sarah Silverman: We Are Miracles**
- 2.00** **NEW SERIES SNL50: Beyond Saturday Night**
- 3.20** **Enlightened** 8/8. (S2)
- 4.00** to **5.00** AM **Wellington Paranormal**

Sky Arts

130/131 826 123 36 143 365

- 6.00** AM **Janine Jansen: Falling for Stradivari**
- 7.00** **Cinderella**
- 8.35** **Tales of the Unexpected**
- 10.45** **Alfred Hitchcock Hour**
- 12.45** PM **Landscape Artist of the Year** From Bristol.
- 1.45** **Miyazaki: Spirit of Nature** Documentary.
- 3.20** **FILM The Young Ones** Pop musical. (1960, U, 104min) ★★
- 5.20** **Cliff Richard and the Shadows: The Final Reunion** From 2009.
- 8.00** **FILM A Shot in the Dark** Comedy starring Peter Sellers. (1964, PG, 98min) ★★
- 10.05** **Laurel and Hardy: Their Lives and Magic**
- 11.50** **FILM Quatermass and the Pit** Thriller. (1967, 12, 100min) ★★
- 1.40** AM **Discovering Sci-Fi** on Film
- 3.10** **Berlin Live: Blondie**
- 4.20** **Classic Albums**
- 5.30** to **6.00** AM **Discovering: The Monkees**

Sky Mix

151 135 11 141

- 6.00** AM **Border Patrol**
- 8.00** **Madagascar: A Little Wild** Animation.
- 8.25** **Alvin!!! and the Chipmunks** Double bill.
- 8.50** **Pooch Mooch**
- 9.00** **Monkey Life**
- 11.30** **Highway Cops**
- 12.00** **NOON Stop, Search, Seize** Documentary.
- 1.00** PM **Road Wars**
- 3.00** **Nothing to Declare**
- 5.00** **Highway Cops**
- 6.00** **Road Wars**
- 8.00** **Nothing to Declare**
- 9.00** **Britain's Most Evil Killers** The murder of a mother-of-four in 2016.
- 10.00** The crimes of Colin Pitchfork.
- 11.00** **Snapped** A beloved grandmother is shot in an execution-style murder.
- 12.00** M/T **Caught on Dashcam**
- 1.00** AM **Brit Cops: Rapid Response** Documentary.
- 2.00** **Motorway Patrol**
- 4.00** to **6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

- 7.30** AM **Unwind**
- 7.40** **Be Beautiful**
- 7.55** **Backyard Builds** *New edition* Brian and Sarah add entertaining space to a backyard.
- 8.25** **The Real Housewives of Jersey** Reality series.
- 9.25** **Giovanna Fletcher: Made in Italy**
- 10.25** **Scott's Vacation House Rules** Double bill.
- 12.20** PM **Real Housewives of New Jersey**
- 4.55** **Abbey Clancy: Celebrity Homes**
- 6.00** **Gino's Italy: Secrets of the South** Exploring the food secrets of Puglia.
- 7.00** **Celebrity Dinner Date**
- 8.00** **Fletchers' Family Farm** The Fletchers focus on diversification, and Ruby the cow turns a corner.
- 9.00** **Botched** Triple bill.
- 11.55** **Dr. 90210**
- 12.50** AM **Backyard Builds**
- 1.15** to **1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

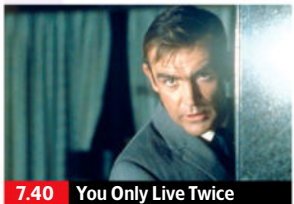
- 8.00** AM **Highway to Heaven**
- 11.00** **Murder, She Wrote**
- 1.00** PM **Murder, She Wrote** Eight episodes of the drama, including at:
- 6.00** **Double Jeopardy**: One of Jessica's students is arrested for murder.
- 7.00** **Dead Eye**: Jessica investigates a murder connected to John F. Kennedy's assassination.
- 8.00** **Killer Radio**: The prospective owner of a radio station is killed.
- 9.00** **Garage Sale Mysteries: The Deadly Room** Crime drama with Lori Loughlin and Sarah Strange.
- 10.55** **Garage Sale Mysteries: Murder in D Minor** Crime drama with Lori Loughlin.
- 12.50** AM **The New Avengers**
- 3.00** **Randall and Hopkirk (Deceased)** 8/26. (S1)
- 4.00** **Highway to Heaven**
- 4.50** to **5.00** AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM World of Sport
- 6.20 Motorsport Mundial
- 6.50 Auto Mundial
- 7.20 The Best of Saint & Greavsie
- 8.20 World Superbike Highlights
- 9.20 EFL Highlights
- 10.20 Football Rivalries
- 10.30 The Big Match Revisited
- 11.30 Made in Britain
- 12.00 NOON Junk and Disorderly
- 1.00 PM Cadfael
- 2.40 **Sharpe** *Sharpe's Honour*
- 4.55 **FILM** *Battle of Britain* Drama. (1969, PG, 127min) ★★



7.40 You Only Live Twice

7.40 FILM *You Only Live Twice* Espionage adventure starring Sean Connery. James Bond leads the race to prevent SPECTRE from provoking World War Three. With Donald Pleasence and Akiko Wakabayashi. (1967, PG, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 FILM *Alien³* Sci-fi horror sequel starring Sigourney Weaver. Ripley crash-lands on an all-male prison planet, unwittingly bringing with her an alien. With Charles Dance. (1992, 15, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM *Minder*
1.15 *River Monsters*
2.20 *Auto Mundial*
2.45 to 3.00 AM *Unwind with ITV*

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 **Star Trek: Deep Space Nine** 1-5/26. Five episodes. (S6)
- 4.00 PM **Stargate SG-1** 14/20. Political discrepancies forge a rift between the American government and Russia.
- 5.00 15/20. A barber experiences disturbing visions of the crew's adventures.
- 6.00 16/20. Part one of two. The Replicators threaten to overwhelm the galaxy. Guest stars Isaac Hayes. (S8)



10.00 Grimm

7.00 Stargate SG-1 *Reckoning - Part Two*: 17/20. The Jaffa Resistance put together an army to reclaim a holy city.

8.00 Stargate SG-1 *Threads*: 18/20. Daniel faces another very difficult decision. Guest stars Isaac Hayes. (S8)

9.00 Grimm *Bigfoot*: 21/22. Hank and Nick investigate an attack on a farmer's horses which puts them on the trail of Bigfoot.

10.00 Grimm *Woman in Black*: 22/22. The latest case offers Nick the chance to discover how his parents were murdered. (S1)

11.00 Grimm 1/22. Nick tries to find a cure for Juliette.

12.00 M/T 2/22. Monroe and Rosalee race against time.

1.00 AM 3/22. An old friend of Hank's searches for his missing daughter. (S2)

2.00 FILM *Battle for Pandora* Sci-fi. (2022, PG, 90min) ★★

4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S9)
- 10.00 **Inspector George Gently**
- 12.00 **NOON Father Brown**
- 4.00 PM **Shakespeare & Hathaway: Private Investigators** 7/10. An energy tycoon hires Frank and Lu to keep an eye on his daughters.
- 5.00 8/10. Frank and Lu investigate a car accident that killed a young mother. (S3)
- 6.00 **Beyond Paradise** 5/6. An arsonist invokes the *Three Little Pigs* fable when targeting businesses. (S1)



8.00 Hudson & Rex

7.00 Hudson & Rex *Nightmare on Water St*: 15/16. Charlie and Rex investigate a targeted killing spree during Mardi Gras.

8.00 Hudson & Rex *Dog Days Are Over*: 16/16. Officer Power and her canine partner are attacked. (S4)

9.00 Death in Paradise *Predicting Murder*: 3/8. A voodoo priestess who predicted her own murder is found dead. (S1)

10.00 Far North 5/6. The rescue boat finally launches with much-needed fresh water for the dying crew. (S1)

11.00 Annika 3/6. The team investigate a man found dead in his own shark tank. (S2)

12.00 M/T *My Life Is Murder* (S1)

1.00 AM *Miss Scarlet and the Duke* 3/6. Drama. (S4)

2.00 to 4.00 AM *Murdoch Mysteries*

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.20 AM **The Vicar of Dibley**
- 8.30 **Only Fools and Horses**
- 1.00 PM **Only Fools and Horses** Nine episodes, including at:
 - 3.40 Del Boy encounters an old flame, and Rodney experiences the joys of dating.
 - 4.20 The Trotter brothers mourn Grandad's death.
 - 5.00 Uncle Albert falls into the pub cellar at the Nag's Head.
 - 5.35 Rodney joins a band. Guest stars DJ Mike Read.
 - 6.20 The Trotters agree to dog-sit while Boycie and Marlene go on holiday.



8.20 Dad's Army

7.00 Only Fools and Horses Del sets Rodney up on a date with a stripper.

7.40 Del Boy sees a chance to make a quick profit involving Denzil's redundancy money.

8.20 Dad's Army The platoon are forced to spend the night in a spooky house.

9.00 Mrs Brown's Boys Agnes tries to gatecrash Maria's hen party.

9.40 Billy Connolly Does... Billy discusses everything from bedroom politics to the race to conquer space.

10.40 The Fast Show Ralph finds Ted fishing, and the Off-Roaders get stuck.

11.20 The Fast Show Ted and Ralph have a discussion about green overalls, while Tommy Cockles looks back at a World War One film.

12.00 M/T *Black Ops* Triple bill.

1.50 AM *Inside No 9* Double bill.

2.55 to 4.00 AM *Black Ops*

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Total Wipeout: Freddie & Paddy Takeover**
- 8.00 **Storage Hunters UK**
- 8.30 **Guy Martin: The World's Fastest Van?**
- 10.00 **Guy Martin: Proper Jobs**
- 11.00 **Top Gear** Double bill.
- 1.00 PM **American Pickers: Best Of** Double bill.
- 3.00 **Gino's Italian Coastal Escape**
- 5.00 **Motorhomming with Merton & Webster** A visit to Norfolk.
- 6.00 **The Americas with Simon Reeve** The explorer visits North and South America.



8.00 Guy Martin: Proper Jobs

7.00 Special Ops: To Catch a Criminal *Series finale* Teen car thieves and steel fraud are tackled. Entire series on U

8.00 Guy Martin: Proper Jobs *New edition* Guy trains to become a firefighter at a fire station in Grimsby. Entire series on U

9.00 Have I Got a Bit More News for You Bill Bailey hosts the satirical quiz, with guests Helen Lewis and Daliso Chaponda.

10.00 QI XL With Sara Cox, Sue Perkins and Chris Addison.

10.40 Mock the Week With Angela Barnes, Rhys James and Ed Gamble.

11.20 Mock the Week With guests Tom Allen and Ed Byrne.

12.00 M/T *Red Dwarf* Triple bill

1.55 AM *Hate Thy Neighbour*

2.50 Two Pints of Lager and a Packet of Crisps

3.20 to 4.00 AM *Meet the Richardsons*

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
- 2.00 PM **Location, Location, Location** Property series.
- 3.00 **A Place in the Sun** Five editions, including at:
 - 7.00 Laura Hamilton jets off to the Greek island of Kefalonia.
- 8.00 **The Dog House** Parents think a dog can wear out their two-year-old boy.
- 9.00 **Celebrity Gogglebox** A Pride anniversary edition from July 2022.
- 10.00 **Gogglebox** Critiques of shows including *Married at First Sight Australia* and *Sort Your Life Out*.
- 11.05 **8 Out of 10 Cats Does Countdown**: Best Bits
- 12.05 AM **24 Hours in A&E**
- 1.05 **FILM** *Made in Italy* Comedy drama starring Liam Neeson and Micheál Richardson. (2020, 15, 94min) ★★
- 2.55 **The Great Pottery Throw Down**
- 4.05 to 5.00 AM *The Dog House*

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
- 9.10 **Blue Bloods** (S5)
- 1.00 PM **NCIS** Nine episodes of the drama, including at:
 - 7.00 *Requiem*: 7/19. Gibbs attempts to protect one of his dead daughter's friends.
 - 8.00 *Designated Target*: 8/19. An admiral is found executed by the side of a road. (S5)
 - 9.00 *Lifeline*: 3/10. The NCIS team experience fresh views during 'Walk-a-Mile in My Shoes' day. (S21)
- 10.00 **Law & Order: Special Victims Unit** *Above Suspicion*: 2/24. Part three of three. The squad try to bring the case to a close. (S14)
- 11.00 **Law & Order: Special Victims Unit** (S14 & 13)
- 1.55 AM **Criminal Minds**
- 2.50 **New York Undercover**
- 3.35 to 4.00 AM *Car Pound Cops*

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Car Pound Cops: Give Me My Car Back!**
- 1.00 PM **Traffic Cops**
- 5.00 **Police Interceptors** The Tactical Support Group heads up a dawn raid.
- 6.00 The team get to grips with a suspect.
- 7.00 *Interceptors* are on the tail of a Transit van.
- 8.00 A dog unit is deployed for an extreme version of hide and seek.
- 9.00 **Police: Suspect No 1** A man claims to have been coerced into running a drugs gang.
- 10.00 **Accused** *New episode* *The Best Medicine*: 8/15. A teenager is suspicious of the circumstances of his mother's death. (S1)
- 11.00 **Murdered for Revenge**
- 12.00 **M/T** *Dexter* (S2)
- 2.15 AM **Accused** *New episodes* (S1)
- 3.50 to 4.00 AM *Entertainment News*

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Trucking Hell**
- 2.00 PM **FILM** *Only the Valiant* Western starring Gregory Peck. (1951, b/w, PG, 100min) ★★
- 4.10 **FILM** *Up Periscope* Wartime adventure starring James Garner and Edmond O'Brien. (1958, 18, 100min) ★★
- 6.30 **FILM** *The Perfect Storm* Fact-based action drama starring George Clooney. In October 1991, six New England fishermen get caught in a terrifying storm. (2000, 12, 129min) ★★
- 9.00 **FILM** *Raw Deal* Action thriller starring Arnold Schwarzenegger. (1986, 18, 106min) ★★
- 11.10 **FILM** *Kickboxer: Retaliation* Thriller sequel with Alain Moussi. (2018, 15, 110min) ★★
- 1.25 AM **Trucking Hell**
- 3.30 to 4.00 AM *Car Pound Cops*

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM **Tipping Point**
- 10.00 **My Family**
- 2.00 PM **Outnumbered**
- 6.00 **Pete Wicks: For Dogs' Sake** Pete meets a litter of puppies known as the Potato Pups.
- 7.00 **Inside the Operating Theatre** A man has his varicose veins removed.
- 8.00 A man has his badly broken nose reset.
- 9.00 **Nurses on the Ward** In Portsmouth's Queen Alexandra Hospital, Matron Steph helps a 79-year-old who suffered a sudden loss of consciousness at home.
- 10.00 Renee treats a patient with a flare-up of ulcerative colitis, and Sarah cares for a terminally ill patient.
- 11.00 **DNA Family Secrets** Double bill of editions.
- 1.40 to 3.00 AM **Celebrity MasterChef Australia**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **The Bill**
- 12.00 **NOON** *Lark Rise to Candleford* Double bill.
- 2.40 PM **Catherine Cookson's The Man Who Cried** Drama with Ciarán Hinds.
- 6.00 **Home Fires** 1/6. The WI members live under a shadow as the Battle of Britain looms.
- 7.00 2/6. News of the Bowers' divorce hits the papers. (S2)
- 8.00 **Sister Boniface** *Mysteries Crimes and Miss Demeanours*: 10/10. A contestant in a beauty pageant meets an untimely end. (S1)
- 9.00 **Silent Witness** *To Brighton, to Brighton*: Body parts covered in tattoos are found on a Brighton waste dump.
- 11.15 **Signora Volpe**
- 1.10 AM **Hope Street**
- 2.20 to 4.00 AM *The Brokenwood Mysteries*

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** In Northumbria.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home** in the Sun
12.00 **NOON Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 AM **Place in the Sun**
7.00 **Yorkshire Air 999**
8.00 **Helicopter ER**
9.00 **Dr Pimple Popper**
Roger returns and hopes Dr Lee can help with his gigantic nose growths.
10.00 **Kenny's** condition causes lumps to grow all over his body.
11.00 **Jacqueline's** shoulder growth makes it difficult for her to do her favourite hobby.
12.00 **MT Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 to 6.00 AM **Fantasy Homes by the Sea**

DMAX

159 169 39 147

- 6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team encounter more than they bargained for.
8.00 **Bryce** reaches out to an ex-federal agent for an explanation.
9.00 **Alien Abduction: Betty and Barney Hill**
New evidence may prove that a terrifying UFO encounter was real.
11.00 **Expedition X** The team respond to reports of a half-man, half-beast.
12.00 **MT Josh, Jess and Phil** search for a werewolf-like creature in Wisconsin.
1.00 AM A supersonic craft flying above the waters off Catalina Island.
2.00 **Teleshopping**
5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Escape to the Country**
3.00 PM **My Dream Derelict Home** in the Sun
Restoring derelict homes in France and Spain.
4.00 A couple set out to transform a Majorcan townhouse with a mountain view.
5.00 Transforming a 400-year-old derelict farmhouse in France.
6.00 Salvaging a presbytery in Normandy on a very tight budget.
7.00 **Scarlett Douglas** meets a Middlesbrough couple who are restoring their dream home.
8.00 **A Place in the Sun**
Five editions of the property series, featuring advice on buying a second home abroad.
1.00 to 4.00 AM **Bargain Mansions**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **Scrapheap Challenge** Grand Final.
8.00 **Scrapheap Challenge: An Isambard Kingdom Brunel Transatlantic Special** Two teams build paddle steamers.
9.00 **Scrapheap Challenge Roadshow: Sofa**
Speedway Teams race motorised furniture.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 **NOON Dickinson's Real Deal** From Sherborne.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Chase Celebrity Special** Double bill.
7.00 **The Chase** Double bill.
9.00 **The Family Chase**
The Marsh family from Bolton take part.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **Man v Food** with Casey Webb
8.00 **Man v Food**
8.30 **Man v Food** with Casey Webb Triple bill.
10.00 **Man v Food**
11.00 **James Martin's American Adventure**
3.00 PM **The Great British Bake Off** Four editions.
9.00 **Adam Richman Eats** Football Glasgow.
9.30 **Adam Richman Eats Britain** Pork pies.
10.00 **Ottolenghi's Mediterranean Island Feast** Yotam Ottolenghi explores Mallorca to learn about the island's local cuisine.
11.00 **Yotam** heads to Crete in the latest part of his culinary adventure.
12.00 **MT The chef** heads to Sardinia to learn about the island's unique cuisine.
1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides** Boutique Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughters: Busby Quits** Double bill.
12.00 **NOON Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **Too Large**
6.00 **Sister Wives**
7.00 **Good Bones** Mina and Karen take on the half-finished renovation of a historic duplex.
8.00 **The Bad Skin Clinic**
Emma comes to the aid of Antony, who has huge growths on his ears.
9.00 **Baylen Out Loud**
10.00 **Love Off the Grid**
11.00 **Sex Sent Me to the ER**
12.00 **MT Monsters Inside Me**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **Wanted: Dead or...**
8.50 **FILM Bitter Victory**
War-time drama. (1957, b/w, PG, 101 min) ★★
11.05 **FILM Ride Clear of Diablo** Western. (1954, U, 80min) ★★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 **FILM The Scalphunters** Adventure. (1968, PG, 102min) ★★
4.15 **FILM The Proud Rebel** Western. (1958, b/w, U, 108min) ★★
6.30 **FILM Shane** Western with Alan Ladd. (1953, PG, 118min) ★★
9.00 **FILM Hang 'em High** Revenge Western. (1967, 18, 114min) ★★
11.30 **FILM Pistol Whipped** Thriller. (2007, 15) ★★
1.45 AM **FILM Arctic Apocalypse** Thriller. (2019, PG, 90min) ★
3.40 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
8.00 **FILM Brothers of the Frontier** Western. (1995, U, 87min) ★★
10.00 **Six Million Dollar Man**
3.00 PM **Killer Wave**
6.35 **FILM Triple Cross**
Spy thriller starring Christopher Plummer. (1966, PG, 126min) ★★
9.00 **FILM Papillon** Drama starring Rami Malek, Charlie Hunnam and Yorick van Wageningen. (2017, 15, 133min) ★★
11.35 **FILM Blind Fury**
Comedy adventure starring Rutger Hauer and Terrance O'Quinn. (1989, 18, 87min) ★★
1.20 AM **FILM The Trust**
Comedy thriller starring Nicolas Cage, Elijah Wood and Sky Ferreira. (2016, 15, 90min) ★★
3.10 to 4.55 AM **FILM Standoff** Thriller starring Thomas Jane. (2015, 15, 92min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Impractical Jokers: Servin' Up Laughs**
8.35 **Impractical Jokers: Outtakes and Chill**
9.00 **Friends** (S2&3)
1.00 PM **Friends** (S3)
7.20 **FILM Mr Bean's Holiday**
Slapstick comedy starring Rowan Atkinson. Accident-prone Mr Bean wins a holiday to the south of France. (2007, PG, 89min) ★★
9.00 **FILM Robin Hood: Men in Tights** Mel Brooks' comedy spoof of the Robin Hood legend, starring Cary Elwes as the dashing outlaw of Sherwood Forest. With Richard Lewis. (1993, PG, 102min) ★★
11.05 **Impractical Jokers**
12.05 AM **Beavis and Butt-Head** (S3&4)
2.30 **Whose Line Is It Anyway?** USA
4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **Perception**
10.00 **FILM Ties That Bind** Thriller. (2010, PG) ★★
11.55 **FILM Witness** Unprotected Thriller. (2018, 12, 90min) ★★
1.50 PM **FILM I Am Number Four** Teen sci-fi thriller. (2011, 12, 105min) ★★
4.10 **FILM Real Steel** Sci-fi action drama. (2011, 12, 121min) ★★
6.50 **FILM Hancock** Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★
9.00 **FILM Aliens** Sci-fi adventure sequel with Sigourney Weaver and Michael Biehn. (1986, 15, 137min) ★★
12.15 AM **FILM The Winter Soldier** Sci-fi adventure. (2016, 15, 101min) ★★
2.40 **Air Rescue** Double bill.
4.00 to 6.00 AM **FILM A Deadly Obsession** Thriller. (2012, 12) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **Frank Herbert's Children of Dune**
12.00 **NOON FILM 7 Guardians of the Tomb** Sci-fi action adventure. (2018, 12, 90min) ★★
2.00 PM **FILM Slipstream** Adventure starring Mark Hamill and Bob Peck. (1989, PG, 101 min) ★
4.00 **Star Trek** (S1)
9.00 **FILM The Asphyx** Horror starring Robert Stephens as a Victorian scientist who hopes to discover the secret of immortality by trapping the spirit of death. (1973, 15, 99min) ★
10.50 **FILM Horror Hospital** Horror starring Michael Gough, Robin Askwith and Vanessa Shaw. (1973, 18, 91 min) ★
12.50 to 3.00 AM **FILM Hard Target** Thriller with Jean-Claude Van Damme. (1993, 18, 95min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Criminally Funny**
1.00 PM **Criminally Funny**
5.00 **Whose Line Is It Anyway?** USA
With guest Jeff Bryan Davis.
5.30 With guest star Alyson Hannigan.
6.00 With Greg Proops.
6.30 With Mark Ballas.
7.00 With guest Gary Anthony Williams.
7.30 **Friends** 7/25. Monica buys a bed from Janice's husband.
8.00 8/25. Phoebe convinces herself she is a walking jinx.
8.30 9/25. Ross and Monica become rivals.
9.00 11/25. Chandler falls for one of Joey's many sisters. (S3)
10.00 **Friends** (S3)
2.30 AM **Last Man Standing**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 to 6.00 AM **Digman!**

GREAT! romance

319 424 52

- 8.10 AM **FILM The Song to My Heart** Drama. (2022, PG, 85min) ★★
10.05 **FILM Snapshot of Love** Drama. (2022, PG) ★★
12.00 **NOON FILM Written in the Stars** Drama. (2021, U, 89min) ★★
2.00 PM **FILM South Beach Love** Romantic comedy. (2021, PG, 83min) ★★
4.05 **FILM One Summer** Drama. (2021, PG) ★★
6.00 **FILM 14 Love Letters** Drama. (2022, U) ★★
8.00 **FILM A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
9.55 **FILM Love at Sunset Terrace** Romantic drama. (2020, PG, 85min) ★★
11.50 **FILM Love & Where to Find It** Comedy. (2021, PG, 85min) ★★
2.00 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM The Beauty of Love** Drama. (2021, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Hardcore Pawn**
8.00 **Auction Hunters**
10.00 **Alien Files: Unsealed**
11.00 **In Search of Aliens**
12.00 **NOON UFO: The Lost Evidence**
PM River Hunters
7.00 **Secrets of Great British Castles** Dan Jones explores Arundel Castle in West Sussex.
8.00 **The Curse of Oak Island** The team examine a structure with a design matching the Money Pit treasure shaft.
9.00 **Secrets of the Lost Liners** A look into the fate of the *Ile de France*.
10.00 **Viking Dead** The discovery of a mass grave in Dorset.
11.00 **Traitors**
12.05 AM **History's Greatest Mysteries** Holy Grail.
1.05 **Breaking Mysterious**
2.00 **National Park Mysteries**
3.00 to 6.00 AM **Flipping Bangers**

Sky Replay

152 156

- 7.00 AM **The Real A&E**
10.00 **Four Weddings**
12.00 **NOON Nothing to Declare** Four editions.
2.00 PM **MacGyver** (S3)
7.00 **Manifest** *Bogey*: 9/13. Ben reunites with a duplicitous foe.
8.00 **Compass Calibration**: 10/13. Michaela unearths an arsenal of 828 hate, and a natural disaster leads Saanvi to make a move.
9.00 **Duty Free**: 11/13. The consequences of Ben's actions test his marriage.
10.00 **Mayday - Part One**: 12/13. The Stones are reunited with Olive.
11.00 **Mayday - Part Two**: 13/13. Grace and Olive examine Cal's drawings for clues. (S3)
12.00 **MT Nothing to Declare**
1.00 AM **A League of Their Own** Double bill.
3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Flash Gordon: Space Soldiers**
6.50 **Flash Gordon Conquers the Universe**
7.40 **Roobarb**
7.45 **Auto Rewind**
8.00 **I Dream of Jeannie**
9.30 **Watching** (S5&6)
12.00 **NOON Department S**
3.00 PM **Hancock**
3.30 **Tracing the Rails**
4.00 **Walking Westward**
4.30 **Bust 5/6**. (S1)
5.30 **I Dream of Jeannie** (S1)
7.00 **Auto Rewind**
7.15 **FILM A Stitch in Time**
Sentimental Norman Wisdom comedy. (1963, b/w, U, 94min) ★★
9.00 **Police Woman** (S1)
10.00 **Department S** (S2)
1.00 AM **Stereo Underground**
2.00 **Bubblegum & Cheese**
3.00 **Police Woman** (S1)
4.00 **Monkey 22/26**. (S1)
5.00 **Tracing the Rails**
5.30 to 6.00 AM **Walking Westward**

5SELECT

153 138 46 133

- 9.00 AM **TK Maxx: How to Bag the Best Bargain**
10.00 **Waitrose: Trouble in the Aisles?** Documentary.
11.00 **Columbo** Five episodes of the drama, including at 6.00 PM *Strange Bedfellows*: The sleuth receives help from a gangland enforcer.
8.00 **Britain's Killer Wave of 1607** A look at the Bristol Channel floods of January 1607.
9.00 **The Great Flood of London** Exploring one of the most devastating but little-known disasters in London's history.
10.30 **Inferno at Sea: The Deepwater Disaster**
The events surrounding the oil spill in the Gulf of Mexico in April 2010.
12.00 **MT World War I in Colour** Double bill.
2.00 AM **Nazi Megastructures**
3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Reality series.
3.00 **Catfish: Firsts**
4.00 **Catfish: Wannabees**
5.00 **Catfish: The TV Show**
8.00 **Catfish: Wannabees**
A former online fraudster appeals to Nev and Max for help.
9.00 **Help! I'm in a Secret Relationship!** Zack won't propose to Chelsea until he knows why she's hiding him.
10.00 **Geordie Shore** James and the Geordie lads hit Ko Samui for a stag do.
11.00 **Nathan and Chloe** head to Bangkok.
12.00 **MT Geordie Shore**
2.50 AM **Catfish: The TV Show** Reality series.
3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM Wheeler Dealers**
World Tour Double bill.
- 8.00 Wheeler Dealers**
- 9.00 Wheeler Dealers: Dream Car**
- 10.00 Wheeler Dealers**
- 12.00 NOON Alaska: Homestead Rescue**
Triple bill, including at:
4.00 PM The Raneys work together to solve a mystery.
- 6.00 Border Control: Europe**
In Rome, a couple are sent to hospital after smuggling drugs inside their bodies.
6.30 In Spain, a clandestine eel hatchery is dismantled.



7.00 Alaska: Homestead Rescue

- 7.00 Alaska: Homestead Rescue** **New edition**
Marty responds to a desperate plea from the Bower Family in eastern Vermont, where a 100-year flood has wiped out their property access route.

- 9.00 Marooned with Ed Stafford**
The survivalist heads to Mongolia's Gobi Desert, where he goes five days without a meal.

- 10.00 Custom Carolina**
A Corvette aficionado trusts Tommy to put his spin on a classic 1967 Chevy Corvette.

- 11.00 Texas Metal**
The team give a 1972 Cuda's interior a redux.

- 12.00 M'T Naked and Afraid: Last One Standing**
The survivalists compete for \$100,000.
2.00 AM Matt races to grab the bow before Jeff.

- 4.00 to 5.00 AM**
How Do They Do It?

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs**
- 9.00 Crikey! It's the Irwins**
- 10.00 Bad Dog!**
A dog that keeps chasing an ice-cream van.
- 11.00 Alaska: Homestead Rescue**
- 12.00 NOON Animal Cribbs**
- 1.00 PM Dodo Heroes**
- 2.00 Project Grizzly**
Double bill.
- 4.00 Dogs 101**
Active companions.
- 5.00 Alaska: Homestead Rescue**
The Raneys attempt to save a single mother and her daughter from a moose.
- 6.00 Animal Cribbs**
Antonio builds a barn for two mini horses.



8.00 Brave the Wild

- 7.00 Crikey! It's the Irwins**
Terri returns to her hometown of Oregon to help Brady, a cougar in need of a health check.

- 8.00 Coyote Peterson: Brave the Wild**
A family of lizards known as dragons.
8.30 Coyote seeks a giant python in Australia.

- 9.00 Tanked** *Long Island Medium's* Theresa Caputo asks Wayne and Brett to build her a mermaid tank and a koi pond.

- 10.00 Alaskan Bush People**
The Browns try closing a deal to help restore a wind turbine, and Noah gets bad news from his girl.

- 11.00 Guardians of Rescue**
Helping an aggressive dog on a chain.

- 12.00 M'T Animal Cops**
Houston Investigators try to break up a dog-fighting ring.

- 1.00 AM Alaskan Bush People**

- 2.00 Dogs 101**
As 4.00pm.

- 3.00 Alaska: Homestead Rescue**

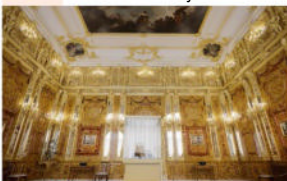
- 4.00 to 5.00 AM Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
- 9.00 Ice Road Rescue**
- 11.00 Colossal Machines**
- 12.00 NOON Air Crash Investigation**
- 2.00 PM Drain the Oceans: Deep Dive**
Exploring the tragic trail of wreckage at Pearl Harbour.
- 3.00 Secrets of Neuschwanstein Castle**
The restoration of one of the most iconic castles.
- 4.00 Bloody Tales of the Tower**
The Duke of Monmouth.
- 5.00 The fates of three people imprisoned for treason.**
- 6.00 Anne Boleyn's death.**



10.00 Drain the Oceans

- 7.00 Mutant Weather**
Focusing on the number of intensifying and strengthening hurricanes and tropical cyclones.

- 8.00 Mysterious Islands** **New edition**
A colony of settlers who disappeared in strange circumstances in the late 16th century.

- 9.00 Hitler's Death Squad**
The story of the Nazi soldiers that were charged with carrying out Hitler's genocidal plans.

- 10.00 Drain the Oceans**
The discovery of a wreck in the Baltic Sea leads to a treasure hunt.

- 11.00 UFOs: Investigating the Unknown**
Documentary.

- 12.00 M'T Air Crash Investigation**

- 2.00 AM Bid & Destroy**

- 2.30 Money Meltdown**

- 2.55 Food Factory USA**

- 3.45 Lords of War**
Double bill.

- 4.35 to 5.00 AM**

- Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM Greatest Heists**
with Pierce Brosnan
- 7.00 Pawn Stars**
Triple bill.
- 10.00 Storage Wars**
Eight editions.
- 2.00 PM How the Nazis Lost the War**
Germany's doomed allyship with dictators.
- 3.00 How Nazi Germany started to feel overstretched.**
- 4.00 The Nazis'**
racist quest to realise the Aryan ideal.
- 5.00 An examination of Hitler's use of opioids and methamphetamines.**
- 6.00 A look at how corruption led to the Nazis' downfall.**



2.00 How the Nazis Lost the...

- 7.00 How the Nazis Lost the War**
Investigating how military blunders undermined confidence in the Nazi machine.

- 8.00 Human Torpedoes of WW2**
How battleships had to contend with a destructive new initiative invented by the Italians.

- 9.00 The Plague**
Investigating the likelihood that 1347's plague – the worst pandemic in European history, and which killed almost one third of the continent's population – could be repeated.

- 11.00 The Lost Women Spies**
Vera Atkins' efforts to determine the fates of her agents.

- 12.05 AM Storage Wars**
Shana and Edwina find their mystery box incorrectly labelled.

- 12.35 Storage Wars**
Seven editions.

- 4.05 to 6.00 AM**

- How the Nazis Lost the War**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM Abandoned Engineering**
- 8.00 Adolf Hitler's War**
- 11.00 Speed with Guy Martin**
- 3.00 PM Canal Boat Diaries**
Robbie Cumming travels from Wolverhampton to Anglesey.
- 4.00 Robbie encounters a leaky lock**
pound on the Perry Barr Flight.
- 5.00 Robbie discovers a mysterious message**
in a bottle on the Ashby Canal.
- 6.00 Find It, Fix It, Flog It**
The boys head to Leicestershire for a furniture-filled shed.



9.30 One Foot in the Grave

- 7.00 Find It, Fix It, Flog It**
Simon and Henry head to an old World War Two airfield in Wiltshire.

- 8.05 One Foot in the Grave**
Victor hires a cleaner to help around the house.

- 8.45 A power cut**
on a summer night gives Victor and Margaret time to reflect on their lives.

- 9.30 Victor is invited**
to talk about evolution at the Women's Institute, and finds inspiration when he takes up fishing.

- 10.10 Bangers & Cash**
Jack draws the short straw as he tries to shift a couple of 1930s Austin Sevens.

- 11.10 Canal Boat Diaries**
Triple bill of the series.

- 2.10 to 3.00 AM Dream Car**
Fixers Norman has dreamt of owning a Volvo 850R since watching Volvo British touring cars race, but fixers Sheldon and Peter could struggle to bring Norman's dream to life.

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Combat Dealers**

- 12.00 Find It, Fix It, Flog It**

- NOON The Travelling Auctioneers**

- 2.00 PM The Repair Shop**

- 5.00 The Yorkshire Auction House**
Double bill.

- 7.00 Celebrity Yorkshire Auction House**

- 8.00 The Repair Shop**

- Fixing a music box and a garnet bracelet.

- 9.00 A shattered jewellery box**
is restored.

- 10.00 Richard Hammond's Workshop**
Richard is desperate to get behind the wheel of his MGB.

- 11.00 Wheeler Dealers**

- Mike and Elvis work on an Audi RS6 estate.

- 12.00 M'T Salvage Hunters: The Restorers**

- 2.00 AM NASA's Unexplained Files**

- 4.00 to 5.00 AM**

- How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids**

- 7.00 Say Yes to the Dress**

- 8.00 Curvy Brides Boutique**

- 9.00 Say Yes to the Dress: Atlanta**
Double bill.

- 10.00 Say Yes to the Dress**

- 12.00 NOON FBI Files**

- 3.00 PM Reasonable Doubt**

- 7.00 Reasonable Doubt**

- The case of Erick Westervelt.

- 8.00 A look into the case against Lee Harris.**

- 9.00 Murder in Ypsilanti: Keith Morrison**

- Investigates the fate of a doting mother and a missing persons case from two decades ago.

- 11.00 Faking It: Tears of a Crime**
Documentary.

- 12.00 M'T Jimmy Savile: A Faking It Special**

- 1.00 AM Michael Jackson: A Faking It Special**

- 2.00 Murder Comes to Town**

- 3.00 to 4.00 AM FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**

- 1.00 PM Judge Judy**

- 6.05 Facing Evil**

- 7.00 Bloodline Detectives**

- The murder of Robin Brooks in April 1980.

- 8.00 Murder She Solved**

- A female investigator uncovers the link between two murders, 10 months apart.

- 9.00 Jackie Malton: A Life in Crime**

- The retired DCI tells the story of her rise to become a respected detective.

- 10.00 Donal MacIntyre: A Life in Crime**

- Charting the life and career of Donal MacIntyre.

- 11.00 Real Detective: North of the Border**

- 1.00 AM Jackie Malton: A Life in Crime**

- 2.00 Donal MacIntyre: A Life in Crime**

- 3.00 Medical Detectives**

- 4.00 to 6.00 AM Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM Uncovering**

- Melanie's Murderer**

- 10.00 Wrongly Accused**

- 2.00 PM Medical Detectives**

- Using science to find the killer of a teenager.

- 2.30 Using evidence inside a submerged car**
to track down the driver.

- 3.00 A reported suicide turns out**
to be much worse than it seems.

- 3.30 Investigators piece together evidence**
of a woman's murder.

- 4.00 Arsenic was found in the blood**
of a woman.

- 4.30 The murder of a dry cleaning employee.**

- 5.00 Donal MacIntyre: Unsolved**
The story of Claudia Lawrence.

- 6.00 Judge Judy**
Real-life small-claims cases.

- 2.00 AM The Day I Should Have Died**
Double bill.

- 4.00 Citizen Detective**

- 4.45 to 6.00 AM**

- Medical Detectives**

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 AM Motorway Patrol**

- 9.00 Brit Cops: Rapid Response**
Documentary.

- 10.00 Stop, Search, Seize**

- 11.00 Britain's Most Evil Killers**

- 12.00 NOON Killer in My Village**
Mitesh Patel.

- 1.00 PM Killer Siblings**

- 2.00 Love You to Death**

- 3.00 Forensics: Catching the Killer**
Alun Kye.

- 4.00 The Killer Within**

- 5.00 Murdered at First Sight**

- 6.00 Killer in My Village**

- 7.00 Britain's Most Evil Killers**

- 8.00 Forensics: Catching the Killer**
True-crime.

- 9.00 Monster in the Shadows**

- 10.00 World's Most Evil Killers**

- 11.00 The Real Manhunter**

- 12.00 M'T An Unexpected Killer**
Documentary.

- 1.00 AM Killer in My Village**

- 3.00 The Force: North East**

- 4.00 The Force: Manchester**

- 5.00 to 6.00 AM**

- Motorbike Cops**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Hunting the KGB**
Killers Documentary.

- 9.35 Armstrong**

- 11.40 Hidden Killers of the Post-War Home**

- 1.00 PM Beautiful Serengeti**

- 1.30 Hunting the KGB Killers**

- 2.45 Military Masterminds**

- Four editions of the series, including at:

- 6.05 How Mao Zedong, Fidel Castro, Josip Broz Tito and Võ Nguyên Giáp**
used guerrilla warfare.

- 7.20 Hidden Killers of the Post-War Home**
How domestic innovations in the 1950s introduced unprecedented dangers.

- 8.35 Hunting the KGB Killers**
The murder of Alexander Litvinenko.

- 9.50 Armstrong**
The life of the astronaut and aviator Neil Armstrong.

- 12.00 M'T Hidden Killers of the Post-War Home**

- 1.15 to 2.00 AM**

- Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Basil Rathbone**
 7.00 **Discovering: Jon Voight**
 7.55 **The Directors**
 9.40 **Edge of the Earth**
 11.45 **Adam Hills: Foot Fault**
 1.00 PM **Right to Fight**
 2.50 **Rise of the Superheroes**
 5.00 **FILM When We Were Kings** Oscar-winning documentary. (1996, PG, 87min) ★★★★★
 6.45 **Tina** A celebration of Tina Turner's life and career.
 9.00 **Boyzone: No Matter What** **New edition** 2/3. The documentary charts the band's growing success with their first number one single. But as their popularity soars, so does the tabloid mania.
 10.00 **Nothing Compares** Documentary telling the story of Sinéad O'Connor's rise to worldwide fame.
 12.00 MT **Who Killed the KLF?** The rise and fall of the KLF.
 1.50 AM **Risky Drinking**
 3.30 **Time Bomb Y2K**
 5.00 to 6.00 AM **The Directors**

Crime+Investigation

156 837 133

- 6.00 AM **Nightmare in Suburbia**
 8.00 **Accident, Suicide or Murder?**
 1.00 PM **Judge Rinder's Crime Stories** Four editions.
 5.00 **Witness to Murder: Digital Evidence** Documentary.
 6.00 I **Met My Murderer Online**
 7.00 **Green Eyed Killers**
 8.00 **Prison Brides**
 9.00 **Cold Case Files: Murder in the Bayou** **New edition** Young mother Selonia Reed is found brutally murdered in her car.
 10.00 **NEW TikTok Star Murders** Examining the fatal relationship between Ali and Ana Abulaban.
 12.00 MT **The Killer Interview with Piers Morgan** Levi King explains what led to his killing spree.
 1.00 AM **Accident, Suicide or Murder?** A mother is found dead from an apparent suicide.
 2.00 **Cold Case Files: Murder in the Bayou** As shown at 9.00pm.
 3.00 **Secrets of the Morgue**
 4.00 to 6.00 AM **Accident, Suicide or Murder?**
 +1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **The Architecture the Railways Built** Six editions.
 1.00 PM **The Architecture the Railways Built** Four editions.
 5.00 **The Bill Old Habits:** An elderly woman suffers a fatal heart attack in front of Pc Brind.
 5.30 **The Silent Gun:** Haynes arrives at a house where a bailiff has been shot.
 6.00 **An Old-Fashioned Term:** Edwards and Martella find the naked body of a woman.
 6.30 **Getting Stressed:** Frazer witnesses an accident on the way to work.
 7.00 **Pointless** Double bill of the general knowledge quiz.
 9.00 **Campion Police at the Funeral – Part One:** 3/8. An old friend seeks Campion's assistance.
 10.10 **Police at the Funeral – Part Two:** 4/8. Suicide theories are discounted. (S1)
 11.25 **The Bill** Four episodes.
 1.25 AM **Pointless** Quiz show.
 3.20 **Campion** 3&4/8. (S1)
 5.20 to 6.00 AM **The Bill**
 +1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Tales from Zambia**
 9.00 **My Best Friend's an Animal**
 12.00 NOON **Wild Dogs: Pack vs Pride** Double bill of editions.
 2.00 PM **The Great Elephant Tale**
 3.00 **Great Barrier Reef with David Attenborough** Triple bill.
 6.00 **Wildlife ER** Tim races to save rescued koala Ashley.
 7.00 **Planet Weird** **New edition** Featuring a look at the great white shark's electrical sensors and the zombie-creating powers of cordyceps fungi.
 8.00 **David Attenborough's Global Adventure** A look back at some of the greatest filming sequences of David's career.
 9.00 **World's Most Toxic Animals** A look at some of the most deadly animals on the planet.
 10.00 **Featuring a look at the world's most venomous spider.**
 11.00 **Planet Weird** As 7.00pm.
 12.00 MT **The Great Elephant Tale**
 1.00 AM **Accidental Wilderness: Europe's Everglades**
 2.00 **Africa's Wild Horizons**
 3.00 to 6.00 AM **Ocean Parks**

WILD

165 841 182

- 8.00 AM **Wild Indonesia**
 11.00 **Europe from Above**
 1.00 PM **Bite, Sting, Kill**
 3.00 **Alaska's Deadliest: Predator Prowl** Documentary.
 4.00 **Secrets of the Zoo**
 6.00 **Critter Fixers: Country Vets** **New edition** The docs perform bone surgery on a goose, fish for a hook in a dog's mouth and try to save a dinosaur-like creature named Monstro.
 7.00 **Jaguar Beach** Jaguars hunt sea turtles on Costa Rica's coast.
 8.00 **The Devil's Climb** Two climbers attempt to scale a 9,000ft peak surrounded by Alaskan wilderness.
 9.30 **Africa's Hunters** A pride of lions face a struggle to survive during Zambia's rainy season.
 10.30 **Snakes in the City** Simon and Siouxsie wrestle a 12ft mamba.
 11.30 **Alaska: The Next Generation**
 1.30 AM **Secrets of the Zoo**
 2.30 **Secrets of the Zoo: Keeper Tales** Documentary.
 3.00 **Secrets of the Zoo**
 4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Home Sweet Homicide**
 10.00 **Someone You Thought You Knew** Double bill of editions.
 12.00 NOON **A Fatal Confession: Keith Morrison Investigates**
 2.00 PM **Grave Mysteries**
 4.00 **Til Death Do Us Part**
 6.00 **Still a Mystery** The murder of a young woman while on a trip to her father's homeland.
 7.00 **A 22-year-old National Guard officer who drowned in water only a few inches deep.**
 8.00 **Evil Online** A fantasy romance that became a horror story.
 9.00 **Lethally Blonde** An adult film star tries to escape the cycle of selling his body for money.
 10.00 **High Speed Chase** A stolen van leads multiple agencies on an action-packed chase.
 11.00 **Fatal Affairs** An affair ignites between two teachers, but lust turns to tragedy and a body ends up in a ditch.
 12.00 MT **True Nightmares**
 2.00 AM **Caught in the Net**
 4.00 to 6.00 AM **Killer Bods**
 +1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
 9.00 **Holy Marvels with Dennis Quaid** Double bill of editions.
 11.00 **Hitler's Secret Bomb**
 12.00 NOON **What on Earth?**
 3.00 PM **Ancient Aliens**
 5.00 **Combat Ships**
 6.00 **Combat Trains**
 7.00 **Combat Machines** Exploring military engineering relied upon in desert campaigns.
 8.00 **Ancient Aliens** Experts investigate stories of a French church that supposedly contains a gateway to another universe.
 9.00 **Haunted Hospitals** A lab technician is stalked by otherworldly beings.
 10.00 **A nurse is stalked by a shadow, and a woman finds that a nursing home is haunted.**
 11.00 **Ancient Aliens** Triple bill.
 2.00 AM **Alien Autopsy: The Search for Answers**
 3.00 **The UnXplained with William Shatner** Sacred rituals.
 4.00 **Ancient Discoveries**
 5.00 to 6.00 AM **Britain's Greatest Obsessions**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
 9.00 **The Antiques Brothers**
 12.00 NOON **Combat Dealers**
 3.00 PM **The Dino Hunters**
 6.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster.
 7.00 **The mysterious sinking of the 1918 SS Princess Sophia.**
 8.00 **Experts investigate reports of ghost ships haunting the seas around Alaska.**
 9.00 **Alien Contact** An investigation into whether aliens have made contact with Earth.
 10.00 **Contact Project** The task force identify a pattern of sounds and odd sightings centred around an earthquake.
 11.00 **While investigating Argentina's most credible military encounter, the team track down an eyewitness.**
 12.00 MT **Paul and Kawa** head to Argentina to investigate a possible UFO crash site.
 1.00 AM **Nazi UFO Conspiracy**
 2.00 to 5.00 AM **Combat Dealers**
 +1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
 9.00 **How Do They Do It?**
 11.00 **Goblin Works Garage**
 12.00 NOON **Lucky!** Five editions.
 5.00 PM **Head 2 Head** Four editions of the series, including at:
 6.00 Jonny Lieberman and Jason Cammisia pit the 2018 Porsche 911 GT3 against the 2018 Mercedes-AMG GT-R.
 6.30 Jethro and Jonny check out two custom Porsche 911s.
 7.00 **Wheeler Dealers** Mike and Elvis take on a Porsche 911.
 8.00 **Mike nabs a Porsche 997 at a bargain price of £15,000.**
 9.00 **Mike is excited to pick up a 2000 Porsche 996.**
 10.00 **Mike and Edd attempt to restore a Porsche 912E.**
 11.00 **Mike goes in search of a Porsche 993 Targa to renovate.**
 12.00 MT **Mike purchases a Porsche Boxster for £1,000.**
 1.00 AM **Last Outpost**
 2.00 to 5.00 AM **World's Greatest Motorcycle Rides**
 +1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.05 AM **PREMIERE Fox and Hare Save the Forest** As 2.45pm.
 8.25 **The Killer** Action thriller. (2024, 15, 126min) ★★★★★
 10.40 **The Bikeriders** As 5.55pm.
 12.45 PM **Bad Boys: Ride or Die**
 2.45 **PREMIERE Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min)
 4.05 **Turn Me On** Fantasy drama. (2024, 15, 99min) ★★★★★
 5.55 **The Bikeriders** Drama. (2023, 15, 116min) ★★★★★



2.45 Fox and Hare Save the...

- 8.00 **Furiosa: A Mad Max Saga** Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★★★
 2.20 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 100min) ★★★★★
 4.00 to 6.25 AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.25 AM **Ray** As shown at 12.00m't.
 9.05 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★★★
 11.15 **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★★★
 1.05 PM **Dallas Buyers Club** Fact-based drama with Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★★
 3.15 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★★★
 5.35 **Defiance** World War Two action drama starring Daniel Craig. (2008, 15, 137min) ★★★★★
 8.00 **The Illusionist** Period mystery starring Edward Norton, Paul Giamatti and Jessica Biel. (2006, PG, 110min) ★★★★★
 10.00 **Eternal Sunshine of the Spotless Mind** Offbeat romantic comedy starring Jim Carrey and Kate Winslet. An estranged couple decide to have their memories of each other erased. (2004, 15, 108min) ★★★★★
 12.00 MT **Ray** Biopic with Jamie Foxx. (2004, 15, 152min) ★★★★★
 2.40 AM **Girl You Know It's True** Drama starring Elan Ben Ali. (2023, 15, 124min) ★★★★★
 4.50 to 7.00 AM **Burlesque** Musical romantic drama starring Cher. (2010, 12, 119min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.10 AM **57 Seconds** As 4.20am.
 7.55 **Breaking** As 2.35am.
 9.55 **Five Nights at Freddy's** Horror. (2023, 15, 109min) ★★★★★
 11.55 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★★
 1.55 PM **Ghostbusters: Frozen Empire** Comedy adventure. (2023, 12, 115min) ★★★★★
 3.55 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★★★
 5.55 **Justice League** Adventure. (2017, 12, 120min) ★★★★★



10.25 Aquaman and the Lost...

- 8.00 **Aquaman** Superhero adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Nicole Kidman, Willem Dafoe and Amber Heard. (2018, 12, 143min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.25 **Aquaman and the Lost Kingdom** Adventure starring Jason Momoa, Patrick Wilson and Yahya Abdul-Mateen II. (2023, 12, 124min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30 AM **Haunting of the Queen Mary** Horror starring Alice Eve, Joel Fry and Nell Hudson. (2023, 18, 125min) ★★★★★
 2.35 **Breaking** Crime drama. (2022, 15, 103min) ★★★★★
 4.20 to 6.05 AM **57 Seconds** Thriller with Josh Hutcherson. (2023, 15, 99min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.25 AM **Biosphere** As 2.30pm.
 8.15 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★★
 11.10 **The Harbinger** Horror. (2022, 15, 87min) ★★★★★
 12.40 PM **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★★★
 2.30 **Biosphere** Sci-fi comedy drama. (2022, 15, 106min) ★★★★★
 4.25 **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★★★
 6.25 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
 8.00 **War of the Worlds** Steven Spielberg's sci-fi adventure starring Tom Cruise. An extraterrestrial army launch a devastating attack on Earth. (2005, 12, 116min) ★★★★★
 10.05 **Rosemary's Baby** Horror starring Mia Farrow as a woman who suspects that witches have diabolical plans for her child. (1968, 18, 137min) ★★★★★
 12.30 AM **Repo Men** Sci-fi action thriller with Jude Law and Alice Braga. (2009, 18, 111min) ★★★★★
 2.40 **Hannibal Rising** Thriller prequel with Gaspard Ulliel and Gong Li. (2007, 18, 116min) ★★★★★
 4.50 to 6.40 AM **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.00 AM **Problem Child** As 3.45am.
 7.35 **Angus, Thongs and Perfect Snogging** (2008, 12) ★★★★★
 9.30 **Dungeons & Dragons...**
 12.00 NOON **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★★★
 1.35 PM **Hook** (1991, U) ★★★
 4.00 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★★
 6.15 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★

6.15 **The Hobbit**

The Hobbit: An Unexpected Journey (film started at 6.15pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.05 **A Tiger's Journey** Drama starring Sunny Pawar. In the valleys of the Himalayas, an orphan boy and a Bengal tiger cub head off on an adventure. (2023, PG, 94min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.45 **Patch Adams** Fact-based comedy drama starring Robin Williams and Philip Seymour Hoffman. (1998, 12, 115min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.45 AM **Ghost Squad** Fantasy. (2015, PG, 86min) ★★★★★
 2.15 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
 3.45 **Problem Child** Comedy. (1990, PG, 81min) ★
 5.10 to 6.50 AM **The Secret Kingdom** Fantasy adventure. (2023, PG, 98min) ★

Sky Cinema Valentine

302 402 502 516

- 7.00 AM **The Little Rascals** Family comedy. (1994, U, 83min) ★★
 8.40 **Book of Love** As 11.40pm.
 10.35 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★★★
 12.25 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★★
 2.15 **Valentine's Day** Romantic drama. (2010, 12, 125min) ★★★★★
 4.20 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★★

- 6.25 **Along Came Polly** Romantic comedy starring Ben Stiller. (2003, 12, 90min) ★★★★★
 8.00 **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson and Matthew McConaughey. (2003, 12, 116min) ★★★★★
 10.00 **Just Like Heaven** Fantasy starring Reese Witherspoon and Mark Ruffalo. A landscape architect finds himself sharing an apartment with the ghostly presence of its former occupant. (2005, PG, 95min) ★★★★★

- 11.40 **Book of Love** Romantic comedy. (2022, 12, 106min) ★★★★★
 1.30 AM **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★★
 3.30 **Book Club: The Next Chapter** Comedy. (2023, 12, 107min) ★★
 5.30 to 6.00 AM
 The Cinema List: Rom Com

Sky Cinema Stunts

307 407 507 521

- 6.45 AM **Enter the Dragon** (1973)
 8.35 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
 11.00 **Seeking Justice** As 2.25am.
 12.50 PM **Hand of Death** Thriller. (1976, 15, 95min) ★★★★★
 2.30 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★★
 4.15 **Rear Window** Classic thriller. (1954, PG, 112min) ★★★★★
 6.15 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★★★

10.00 **Goodfellas**

- 8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington. Former government assassin Robert McCall takes on the mafia in Italy. With Dakota Fanning and Eugenio Mastrandrea. (2023, 15, 109min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30 AM **Desperation Road** Thriller starring Garrett Hedlund, Willa Fitzgerald and Mel Gibson. (2023, 18, 112min) ★★★★★
 2.25 **Seeking Justice** Crime thriller starring Nicolas Cage. (2011, 15, 104min) ★★
 4.15 to 6.00 AM **The Hand of Death** As shown at 12.50pm.

Sky Cinema Greats

304 404 504 518

- 7.00 AM **Young Guns II: Blaze of Glory** As shown at 5.05am.
 9.00 **Top Gun** As shown at 8.00pm.
 11.05 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★★
 1.40 PM **Superman II** Fantasy sequel starring Christopher Reeve. (1980, PG, 127min) ★★★★★
 4.00 **Superman III** Fantasy sequel starring Christopher Reeve. (1983, PG, 123min) ★★★★★
 6.15 **Superman IV: The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
 8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. (1986, 12, 110min) ★★★★★
 9.55 **The Italian Job** Crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a bullion robbery in Turin. (1969, PG, 100min) ★★★★★

- 11.40 **Anatomy of a Murder** Drama. (1959, b/w, 12, 160min) ★★★★★
 2.30 AM **Nineteen Nineteen** Period drama. (1984, 15, 99min) ★★★★★
 4.15 **Sky Cinema Preview**
 5.05 to 6.50 AM **Young Guns II: Blaze of Glory** Western sequel. (1990, 15, 104min) ★★★★★

Sky Cinema Bridget Jones

308 408 508 522

- 6.50 AM **Bridget Jones's Baby**
 9.05 **Bridget Jones's Diary** (2001)
 10.55 **Bridget Jones: The Edge of Reason** As 10.50pm.
 12.55 PM **Bridget Jones's Baby**
 3.05 **Bridget Jones's Diary** (2001)
 4.55 **Bridget Jones: The Edge of Reason** As 10.50pm.
 6.55 **Bridget Jones's Baby** Romantic comedy starring Renée Zellweger, Colin Firth and Patrick Dempsey. (2016, 15, 123min) ★★★★★

10.50 **Bridget Jones: The Edge...**

Bridget Jones's Baby (film started at 6.55pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Bridget Jones's Diary** Romantic comedy starring Renée Zellweger, Colin Firth and Hugh Grant. A woman finds herself torn between her charming boss and a seemingly aloof lawyer. (2001, 15, 96min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.50 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.50 AM **Bridget Jones's Baby**
 3.00 **How to Please a Woman** Drama starring Sally Phillips. (2022, 15, 107min) ★★★★★
 5.00 to 6.00 AM
 Sky Cinema Preview

Sky Cinema Animation

305 412 500 514

- 7.10 AM **Paws of Fury: The Legend...**
 9.05 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
 10.40 **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★★★★
 12.25 PM **Madagascar: Escape 2 Africa** (2008, PG) ★★★★★
 2.10 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★★
 4.00 **Home** Animated adventure. (2014, U, 94min) ★★★★★
 5.40 **Antz** Animated comedy. (1998, PG, 83min) ★★★★★
 7.10 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★★★
 9.00 **Pi's Adventures** Animated adventure. (2021, U, 89min) ★★
 10.40 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★★★
 12.20 AM **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★★★★

- 1.40 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★★★
 3.05 **Tad the Lost Explorer and the Secret of King Midas** Animated adventure. (2017, U, 85min) ★★★★★
 4.40 to 6.20 AM **Rock Dog** Animation. (2016, PG) ★★★★★

Sky Cinema Thriller

309 409 509 523

- 7.40 AM **Dead Shot** Action thriller. (2023, 15, 92min) ★★★★★
 9.20 **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★★
 11.20 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★★
 1.45 PM **The Island** As 10.00pm.
 4.05 **The Bourne Legacy** Espionage thriller sequel. (2012, 12, 129min) ★★★★★
 6.30 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★★★

6.30 **Jericho Ridge**

- 8.00 **Now You See Me** Thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Dave Franco and Michael Caine. (2013, 12, 115min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 **The Island** Sci-fi thriller starring Ewan McGregor. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a shattering discovery about the purpose of his existence. (2005, 12, 136min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM **Battle Royale II: Requiem** Japanese sci-fi thriller sequel. Subtitled. (2003, 18, 133min) ★★
 2.50 **One Day as a Lion** Thriller. (2023, 15, 87min) ★★★★★
 4.30 to 6.10 AM **Eileen** Mystery. (2023, 15, 97min) ★★★★★

Movies 24

312 419

- 7.00 AM **Heart of the Manor** Comedy. (2021, PG, 85min) ★★
 9.00 **The Marry Me Pact** Romantic comedy. (2023, PG, 88min) ★★
 11.00 **PREMIERE For Love & Honey** Comedy. (2024, U, 84min) ★★
 1.00 PM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
 3.00 **PREMIERE A Whitewater Romance** Drama starring Cindy Busby. (2024, U, 84min) ★★
 5.00 **Hidden Gems** Romantic comedy. (2022, PG, 85min) ★★
 7.00 **Lease on Love** Romantic comedy starring Rebecca Liddiard and Dan Jeannotte. (2022, PG, 86min) ★★
 9.00 **Cut, Color, Murder** Mystery starring Julie Gonzalo and Ryan McPartlin. A hairdresser assists a detective in solving a murder committed in broad daylight. (2022, PG, 84min) ★★
 11.00 **The Honeymoon Pact** Comedy. (2023, PG, 90min) ★★

- 1.00 AM **Wish Upon a Wedding** Romantic drama starring Kabby Borders. (2023, PG, 85min) ★★
 3.00 to 5.00 AM **Falling Together** Romantic drama starring Ashley Williams. (2024, U, 90min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
 11.00 AM **The 7th Voyage of Sinbad** Fantasy adventure. (1958, U, 87min) ★★★★★
 12.50 PM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
 2.40 **My Spy** Family comedy. (2020, 12, 99min) ★★★★★
 4.35 **Sister Act** Musical comedy. (1992, PG, 102min) ★★★★★
 6.40 **A Good Year** Comedy drama starring Russell Crowe. (2006, 12, 117min) ★★★★★

9.00 **Indiana Jones and the Last...**

A Good Year (film started at 6.40pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35 **Bad Teacher** Comedy starring Cameron Diaz and Justin Timberlake. A gold-digging teacher will stop at nothing to find a rich husband. With Jason Segel. (2011, 15, 92min) ★★★★★
 1.25 to 3.10 AM **Shoplifters** Japanese drama starring Lily Franky, Sakura Ando and Mayu Matsuo. Subtitled. (2018, 15, 121min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM **Look at Life**
 6.10 **Caroline Munro Presents**
 6.15 **At the Earth's Core** Adventure. (1976, PG, 86min) ★★★★★
 8.05 **Account Rendered** Thriller. (1957, b/w, PG, 59min) ★★
 9.20 **The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★★★
 11.35 **Powderkeg** Action adventure. (1971, PG, 100min) ★★
 1.25 PM **Batman 3/60**. (S2)
 2.00 **Robinson Crusoe** Adventure. (1954, U, 90min) ★★
 3.50 **Look at Life** Documentary.
 4.00 **The Adventures of Robin Hood**
 4.30 **Out of Town** Documentary.
 5.00 **The Footage Detectives**
 5.00 **Campbell's Kingdom** Adventure. (1957, U, 100min) ★★★★★
 8.00 **Gideon's Way** 6/26. (S1)
 9.05 **The Wheelappers and Shunters Social Club**
 9.55 **Pulp** Thriller starring Michael Caine. (1972, 12, 95min) ★★★★★
 11.50 **The Heritage Chart Show**
 12.55 AM **The Deep Blue Sea** Drama. (1955, b/w, PG, 100min) ★★
 3.00 **The First Travelling Saleslady** Comedy Western with Ginger Rogers. (1956, U, 92min) ★★
 4.50 **Cinebox Memories**
 4.55 **The Texan** 14/37. (S1)
 5.30 to 6.00 AM **The Larkins**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
8.30	LIVE DP World Tour Golf The fourth and final day of the Qatar Masters at Doha Golf Club.
11.30	LIVE EFL Bristol City v Swansea City. Coverage of the Championship match staged at Ashton Gate. The sides shared the spoils in a 1-1 draw in September, with Ben Cabango giving the Swans the lead, but Jason Knight earning a point for the Robins. The visitors will be looking for an upturn in fortunes having picked up one point from a possible 12 in January. Kick-off is at 12.00noon.
2.30	PM Sports Sunday
3.30	LIVE PGA Tour Golf The early stages of day four of the WM Phoenix Open at TPC Scottsdale.
6.00	LIVE PGA Tour Golf Coverage of the fourth and final day of the WM Phoenix Open in Arizona.
10.00	LIVE Super Bowl LIX Kansas City Chiefs v Philadelphia Eagles. Coverage of the showpiece match from Caesars Superdome in Louisiana. Kick-off 11.30pm. See feature, page 28.
4.00	to 6.00 AM Sky Sports News

TNT Sports 1

410 870 527 408 430

7.00

AM TNT Sports Cricket Reload

7.30

LIVE One Day International Cricket India v England.
Coverage of the second ODI in the three-match series from Barabati Stadium. The visitors are looking for their first ODI series win against India since 2018, while the hosts are hoping to take their third series on the bounce.

4.30

PM The WRC Magazine

5.00

TNT Sports Reload

5.30

Test Cricket Highlights

6.30

Premier League: Big Interview

7.00

Champions League Magazine

7.30

LIVE Serie A Coverage of a match from Italy's top division.

9.45

One Day International Cricket

10.45

Fight Night Beterbiev v Bivol.

11.00

UEFA Europa League & Conference League Magazine

12.00

M/T Serie A Action from Italy.

1.00

AM Born Racers

2.15

Fight Night Bout previews.

2.45

UEFA Champions League

3.15

Test Cricket Highlights

4.15

to 6.00 AM **LIVE** Test Cricket Sri Lanka v Australia. Coverage of the fifth and final day of the second and final Test in the series from Galle International Stadium.

TNT Sports 4

421 876 530 411 434

6.00

AM **LIVE A-League Women Sydney FC v Western United.**
Coverage of the match from Leichhardt Oval in Lilyfield, New South Wales. Kick-off 6.00am.

8.00

MLB Classic Archive action.

10.45

Fight Night Build-up to Artur Beterbiev v Dmitry Bivol.

11.00

LIVE Spanish Women's Liga F Espanyol v Barcelona.
Coverage of the top-flight match staged at Ciutat Esportiva Dani Jarque. Kick-off is at 11.00am.

1.00

PM **NBA** A chance to see Los Angeles Lakers v Indiana Pacers.

2.30

NBA Another chance to see New York Knicks v Boston Celtics.

4.00

MLB Classic Archive action.

6.30

MLB Classic A look back at the 2000 World Series.

8.00

The 2001 World Series.

9.45

The 2003 World Series.

11.15

A look back at the 2004 World Series, the 100th edition.

12.45

to 6.00 AM **MLB Classic**

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Years
9.00	The Big Interview
9.30	Premier League Stories
10.00	PL Retro A match from 2012.
12.00	NOON PL Highlights
3.00	PM Premier League Highlights Action from Chelsea v Arsenal.
3.30	Tottenham v Arsenal.
4.00	SNF Action from Wolverhampton Wanderers v Liverpool.
4.30	Premier League Highlights Chelsea v Manchester City.
5.00	Action from Wolverhampton Wanderers v Manchester City.
5.30	SNF Highlights from Crystal Palace v Manchester United.
6.00	Premier League Highlights Liverpool v Manchester City.
6.30	Fulham v Southampton.
7.00	Sticker Book: Bruno Fernandes
7.15	Sticker Book: Ollie Watkins
7.30	Sticker Book: James Maddison
7.45	Sticker Book: Trent Alexander-Arnold
8.00	Chasing the Dream
10.00	Class of '92: Full Time
1.00	AM PL Retro Archive action.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411

871

528

409

431

6.00

AM **LIVE** Isuzu UTE A-League Macarthur FC v Western United. Te Australian top-flight match from Campbelltown Sports Stadium. Kick-off is at 6.00am.

8.00

Fight Night A bout previews.

8.15

MotoGP Films

9.15

MotoGP Season preview.

11.30

Superbike World Championship Season preview.

12.30

PM Fight Night Live

2.30

Fight Night Beterbiev v Bivol.

3.30

Premier League: Big Interview

4.00

Premier League Stories

4.30

What I Wore

5.00

Isuzu UTE A-League

6.00

NBA on Fire The latest news.

6.30

NBA Action Highlights.

7.00

LIVE NBA Milwaukee Bucks v Philadelphia 76ers. Coverage of the Eastern Conference match at Fiserv Forum. Tip-off 7.00pm.

9.30

NBA on Fire The latest news.

10.00

Isuzu UTE A-League

11.00

Spanish Women's Liga F

12.00

M'T ODI Cricket India v England.

1.00

AM Women's Ashes

3.00

Serie A Action from Italy.

4.00

Fishing: On the Bank

5.00

The WRC Magazine

5.30

to 6.00 AM TNT Sports Reload

Eurosport 1

413

870

521

412

435

6.05

AM Ski Jumping In New York.

7.05

Alpine Skiing From Saalbach.

8.05

LIVE Nordic Combined
Skiing From Otepaa, Estonia.

8.45

Winter Sport Kirsty Muir.

9.05

LIVE Nordic Combined
Skiing From Otepaa, Estonia.

10.10

LIVE Alpine Skiing In Austria.

12.45

PM Winter Sport 2023

1.00

LIVE Nordic Combined
Skiing From Otepaa, Estonia.

1.40

LIVE Ski Jumping In New York.

2.30

Winter Sport Mia Brookes.

2.45

LIVE Ski Jumping Coverage
from Lake Placid in New York.

4.45

Alpine Skiing From Saalbach.

6.45

Winter Sport Kirsty Muir.

7.00

Ski Jumping From New York.

8.00

Alpine Skiing From Saalbach.

9.00

Cyclo-Cross From Lille, Belgium.

11.00

Show Jumping From California.

12.00

M/T Cycling: Tour of Valencia

1.00

AM Cycling: Women's UAE Tour

2.00

Snooker: Welsh Open

4.00

to 6.00 AM Ski Jumping

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL Highlights
11.30	LIVE EFL Bristol City v Swansea City. Coverage of the Championship match staged at Ashton Gate. The sides shared the spoils in a 1-1 draw at Swansea. com in September, with Ben Cabango giving the Swans the lead, but Jason Knight earning a point for the Robins. The visitors will be looking for an upturn in fortunes having only picked up one point from a possible 12 in January. Kick-off is at 12.00noon.
2.30	PM EFL Highlights
2.45	Bundesliga Top 10 Moments
2.55	LIVE Irish Football Cliftonville v Portadown. Coverage of the NFL Premiership match staged at Solitude. Kick-off 3.00pm.
5.00	EFL Cup Highlights
6.00	EFL Bristol City v Swansea City.
8.00	EFL Highlights
8.30	EFL Cup Highlights
9.30	EFL Highlights Championship.
12.00	M'T EFL Cup Retro
2.00	AM EFL Trophy The 2024 final.
2.30	EFL Greatest Games
4.00	EFL The 2017/18 season.
4.30	Jimmy Glass: The Great Escape
5.00	to 6.00 AM SPFL

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE Test Cricket Sri Lanka v Australia. The fourth day of the second and final Test from Galle International Stadium.

12.30 PM UEFA Champions League Magazine News and action.

1.00 UEFA Europa League & Conference League Magazine

2.00 The WRC Magazine

2.30 Superbike World Championship

3.30 Formula E Unplugged

4.30 UEFA Champions League Magazine News and action.

5.00 UEFA Champions League Greatest Nights Chelsea's most unforgettable matches.

6.00 Fight Night Live A chance to see Derek Chisora v Otto Wallin.

8.00 Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.

9.00 UFC A chance to see Dricus du Plessis v Sean Strickland in the middleweight title bout from Qudos Bank Arena in Sydney.

12.00 M'T UFC Main Event

4.00 AM One Day International Cricket India v England.

5.00 UEFA Champions League Magazine News and action.

5.30 to 6.00 AM UEFA Champions League – Stories of the Finals

Eurosport 2

414 871

522

413

436

6.00

AM Snooker: Welsh Open

8.00

Cycling: Women's UAE Tour

9.00

Cycling: Tour of Valencia

10.00

LIVE

Cycling: Women's Tour of Valencia The one-day race.

11.00

LIVE

Cycling: Women's UAE Tour The fourth and final stage.

12.40

PM

LIVE

 Cyclo-Cross Coverage of the women's race from Lille.

1.45

Cycling: Strade Bianche

1.55

LIVE

 Cyclo-Cross From Lille.

3.05

LIVE

 Cycling: Tour of Valencia Coverage of stage five.

4.15

Cycling: Women's UAE Tour

5.10

Cyclo-Cross From Lille, Belgium

7.00

Cycling: Women's UAE Tour

8.00

Cycling: Tour of Valencia

9.00

Ski Jumping In New York.

10.00

Alpine Skiing From Saalbach.

11.00

Cycling: Tour of Valencia

12.00

M/T Alpine Skiing

1.00

AM Ski Jumping In New York.

2.00

Cycling: Women's UAE Tour

3.00

Cycling: Tour of Valencia

4.00

to 6.00 AM Cyclo-Cross

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Action from 2024.
7.00	ICC Men's T20 World Cup
9.00	ICC Champions Trophy
10.00	SA20 Action from the final.
11.00	WPL UP Warriorz v Royal Challengers Bangalore in 2024.
12.00	NOON SA20 Another chance to see the final from Johannesburg.
5.00	PM Best of ICC WT20
5.30	ICC Women's World Cup 2013
6.00	ICC Men's T20 World Cup A look behind the scenes at the 2024 ICC Men's T20 World Cup.
7.00	India v Pakistan in the Group A match from New York.
8.00	WPL UP Warriorz v Royal Challengers Bangalore in 2024.
9.00	SA20 Highlights from the final at DP World Wanderers Stadium.
10.00	ICC Champions Trophy A look back at the 2017 tournament.
11.00	WPL UP Warriorz v Delhi Capitals from 2024 at M Chinnaswamy Stadium in Bengaluru, India.
12.00	M'T ICC Men's T20 World Cup India v Pakistan at Nassau County International Cricket Stadium.
1.00	AM WPL Action from 2024.
4.00	ICC Men's T20 World Cup
5.00	ICC U19 Women's World T20
5.30	to 6.00 AM Women's ICC World T20 Cricket

Sky Sports	NFL
408 517 507 426 446	
6.00	AM Super Bowl LVIII Highlights
8.00	NFL: America's Game
9.00	NFL Highlights
10.00	The NFL Honours
12.00	NOON Super Bowl LV Bitesize
12.15	PM Super Bowl LVI Bitesize
12.30	Super Bowl LVIII Bitesize
12.45	Super Bowl LVIII Bitesize
1.00	Kansas City Chiefs: Franchise
1.30	NFL Bitesize Highlights
2.00	NFL Gameday
10.00	LIVE Super Bowl LIX Kansas City Chiefs v Philadelphia Eagles. Coverage of the showpiece match at Caesars Superdome. The Chiefs are looking to become the first team to win three consecutive Super Bowls after they beat the Buffalo Bills 32-29 in the AFC Championship match, while the Eagles beat the Washington Commanders 55-23 in the NFC Championship match to reach their third Super Bowl in eight years. Kick-off 11.30pm. See feature, page 28.
4.00	AM Super Bowl LVIII Bitesize
4.15	NFL Bitesize Highlights
5.00	Super Bowl LVI Bitesize
5.15	to 6.00 AM NFL Bitesize Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans Views on today's early stories and a look at the back pages.
10.00	Sky Sports News
11.00	LIVE WTA Tennis Coverage of day one of the WTA Doha Open, a hard court tournament staged at Khalifa International Tennis and Squash Complex in Doha, Qatar.
3.00	PM LIVE WTA Tennis Coverage of the final of the WTA Cluj Open, a hard-court tournament at BT Arena in Cluj-Napoca, Romania.
5.00	LIVE WTA Tennis Further coverage of the opening day of the WTA Doha Open, a hard court tournament staged at Khalifa International Tennis and Squash Complex in Doha, Qatar.
8.30	Sky Sports News Round-up of the sports news with live analysis and comment, plus extended interviews with headline-makers.
1.00	to 6.00 AM Sky Sports News

Sky Sports	Golf
405 515 505 423 443	
6.00	AM PGA Tour Golf
8.30	LIVE DP World Tour Golf The fourth and final day of the Qatar Masters from Doha Golf Club.
1.30	PM Golf's Greatest Holes
2.00	Uncommon: Building a Boston Sports Team
2.30	HotelPlanner Tour Golf
3.00	Golf's Greatest Holes
3.30	LIVE PGA Tour Golf The early stages of day four of the WM Phoenix Open at TPC Scottsdale.
6.00	LIVE PGA Tour Golf Coverage of the fourth and final day of the WM Phoenix Open in Arizona.
11.00	Golf's Greatest Holes
11.30	Uncommon: Building a Boston Sports Team
12.00	M'T Asian Tour Golf
1.00	AM DP World Tour Golf
2.00	PGA Tour Golf Phoenix Open.
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM WTA Tennis Doha Open.
7.00	WTA & ATP Tennis
11.00	LIVE WTA Tennis Coverage of day one of the WTA Doha Open at Khalifa International Tennis and Squash Complex in Doha, Qatar.
2.30	PM LIVE ATP Tennis Coverage of the final of the ATP Rotterdam Open staged at Rotterdam Ahoy.
4.30	LIVE WTA & ATP Tennis Featuring the WTA Abu Dhabi Open and ATP Rotterdam Open.
7.00	LIVE ATP Tennis Coverage of the final of the ATP Dallas Open at Stylinger/Altec Tennis Complex.
9.00	ATP Tour This Week
9.30	Bitesize Tennis Highlights.
10.00	WTA Tennis Abu Dhabi Open.
11.00	ATP Tennis Rotterdam Open.
1.00	AM Best of Jack Draper
1.15	Bitesize Tennis Highlights.
2.00	to 6.00 AM Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Fight Night International
8.00	Fight Night Azim v Lipinets.
9.00	ICC Men's T20 World Cup
10.00	SA20 Action from the final.
11.00	WTA Tennis Abu Dhabi Open.
1.00	PM LIVE Netball Nations Cup Coverage of the third-place play-off at Copper Box Arena, London. Centre-pass 1.30pm.
3.30	LIVE Netball Nations Cup Coverage of the final at Copper Box Arena. Centre-pass 4.00pm.
6.00	Super League Highlights
7.00	LIVE NCAA Basketball Texas Longhorns v South Carolina Gamecocks. Coverage of the college match from Moody Centre in Austin, Texas. Tip-off 7.00pm.
9.00	NFL Highlights
10.00	LIVE Super Bowl LIX Kansas City Chiefs v Philadelphia Eagles. The showpiece match at Caesars Superdome. Kick-off 11.30pm. See feature, page 28.
4.00	AM PGA Tour Golf
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON F1 Classic Races
4.30	PM F1 Classic Races A replay of the 1996 Monaco Grand Prix.
5.15	Another chance to see the 2003 Monaco Grand Prix.
7.30	F1 Classic Races A chance to see the 2008 Monaco Grand Prix.
10.00	Another chance to see the 2011 Monaco Grand Prix.
1.00	to 6.00 AM The Home of F1

Factual

**Antiques Road Trip**

BBC1, 3.45pm

Auctioneers Philip Serrel and Natasha Raskin Sharp (above) hunt for collectables around the country, starting in Scotland.

Travelogue

**Robson Green's Weekend Escapes**

BBC2, 6.30pm (box set, BBC iPlayer)

Robson sets off on more outdoorsy breaks with his pals. Continues daily.

Crime Drama

**Virdee**

BBC1, 9pm (box set, BBC iPlayer)

Troubled Bradford detective Harry Virdee (Staz Nair) is on the hunt for a killer who is targeting the city's Asian community.

Factual

**At Home with Katherine Ryan**

UGW, 9pm (box set, U)

The comedian invites cameras back as she prepares for a 10-month tour.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama †	8.30 Wynne &...	9.00 Virdee	10.00 News; Local News	10.40 Have I...
102 BBC2	7.00 Grand Tours of...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 The Balkans: Europe's Forgotten...	10.00 QI	10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Unforgotten	10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 Go Back to Where You Came From	10.05 First Dates	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Murder Suspect No 1		10.30 Casualty 24/7...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Film: Jason Bourne		

ENTERTAINMENT

115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Boarders		10.35 Man in the...
116 BBC4	7.00 The Architecture the Railways Built		8.00 Tutankhamun in Colour		9.00 Tutankhamun's Secrets: Raiders of the...	10.00 The Treasures of Tutankhamun	
118 ITV2	7.00 Family Fortunes		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars	10.05 Family Guy	
136 MORE4	6.55 Car S.O.S.				9.00 Guy Martin's D-Day Landing		
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox	10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Blue Bloods	10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	6.45 Billions		7.55 Game of Thrones		9.00 The White Lotus	10.15 The Last of Us	
110 U&GOLD	6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder the Third	10.00 The Office	10.40 Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL	10.00 Will & Ralf Should Know Better	
119 ITV3	6.55 Heartbeat		8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	6.25 Beat the...	7.25 Monster Carp			9.00 Film: Pitch Black		
112 COMEDY CENTRAL	7.00 Friends				9.00 Impractical Jokers	10.00 The Best of Mr Bean	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own		9.00 Hacks	10.25 Rob Beckett's...	
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise	10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu: Falling in Love – Live in Maastricht 2016				
132 U&W	7.00 Property Brothers: Family Flashback		8.00 Inside the Ambulance		9.00 At Home with Katherine Ryan	10.00 Kathy Burke's All Woman	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Custom Carolina	10.00 Texas Metal	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Lair of the Killer Crocs		9.00 Monster Croc Invasion	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash: Disasters Uncovered		8.00 UFOs: Investigating the Unknown		9.00 Air Crash Investigation	10.00 Mutant Weather	
123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 Mayhem! The Secret Lives of the...	10.00 Secrets in the Ice	
155 U&YESTERDAY	7.00 Guy Martin's Great British Power Trip		8.00 Simon Reeve's South America		9.00 Villages by the Sea	10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	6.55 Branson		8.00 Film: Searching for Sugar Man			10.00 I'm Not a Monster: The Lois Riess...	

FILMS - Sky Cinema

301 PREMIERE	6.00 Turn Me On		8.00 Bad Boys: Ride or Die			10.00 The Bikeriders	
302 VALENTINE	5.50 P.S. I Love You		8.00 Ghost			10.10 Trainwreck	
303 HITS	5.45 Dungeons & Dragons: Honour...		8.00 A Quiet Place: Day One			9.55 The Nun II	
304 GREATS	6.15 Airplane!		8.00 Singin' in the Rain			10.00 National Lampoon's Animal House	
305 ANIMATION		7.15 Hotel Transylvania 3: Summer Vacation			9.00 Rock Dog		
306 FAMILY	6.50 The Flintstones		8.30 The Flintstones in Viva Rock Vegas			10.10 Shazam! Fury of the Gods	
307 STUNTS	6.00 The Equalizer 3		8.00 John Wick			9.55 John Wick: Chapter 2	
308 COMEDY	6.20 Along Came Polly		8.00 David Brent: Life on the Road		9.40 Superbad		
309 THRILLER	5.50 Jason Bourne		8.00 Munich				
310 DRAMA	6.00 The Illusionist		8.00 There Will Be Blood				10.40 Blind...
311 SCI-FI	6.10 Annabelle		8.00 Ready Player One				10.25 Gothika
313 FILM4	6.45 G.I. Joe: The Rise of Cobra				9.00 Father Stu		

SPORT

401 MAIN EVENT	3.00 Tennis – Live: Coverage from the WTA and/or ATP Tours	8.30 Sky Sports News		10.00 News at Ten	10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Unpacked	7.30 My Origin Story	8.00 Gary Neville's Soccerbox	9.00 Chasing the Dream	10.00 PL Icons
403 FOOTBALL	6.30 Bundesliga...	7.30 EFL Highlights		9.30 EFL Cup Highlights	10.30 Bundesliga...
404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL		9.00 ICC Men's Cricket World Cup '23 – Made In India	10.30 ICC Men's T20...
410 TNT SPORTS 1	6.00 Ultimate Pool – Live: Coverage of Group 6 of the Champions League			9.30 Fight Week	10.00 PL Stories
411 TNT SPORTS 2	7.00 Isuzu UTE A-League	8.00 One Day International Cricket		9.00 Fishing: On the Bank	10.00 Sign Up – Into Football



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition**
 A way of transporting shopping. (S)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country
New edition From Kent. (S)
3.45 **NEW SERIES** Antiques Road Trip
 1/20. Phil Serrell and Natasha
 Raskin Sharp visit Scotland. (S)
4.30 The Repair Shop on the Road
New edition A clockwork train. (S)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)

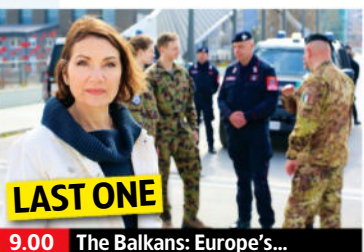


7.30 EastEnders

- 7.00 The One Show**
 Alex Jones and Alex Scott
 present the topical show. (S)
7.30 EastEnders
 Sharon's attempts to support
 Phil fall flat, Sonia makes a
 discovery, while Ian finds an
 unlikely ally in Priya. (S)(AD)
8.00 Panorama
New edition In-depth
 current affairs report. (S)
8.30 Wynne & Joanna: All at Sea
New edition 4/6. The duo travel
 from Carmarthenshire Bay to
 Tenby, Pembrokeshire. (S)(AD)
 ■ Entire series on BBC iPlayer
9.00 NEW SERIES Virdee
 1/6. Crime drama starring
 Staz Nair as a detective
 disowned by his family who
 becomes obsessed with the
 search for a missing teenager.
 See feature, page 4. (S1) (S)(AD)
 ■ Entire series on BBC iPlayer
10.00 BBC News (S)
10.30 Local News (S)
10.40 Have I Got News for You
 Jo Brand hosts the satirical
 quiz, with musician and
 activist Feargal Sharkey and
 comedian Zoe Lyons. (S)(R)
11.10 Bump New episode 9/10. Angie
 tries to get everyone to understand
 that she won't be around to look
 after them forever. (S)(AD)
11.50 Series finale 10/10. Oly and
 Santi get ready for the birth of
 Jacinda's new brother. (S5) (S)(AD)
12.20 AM The Traitors US 3/12. The four
 Traitors must commit their next
 murder in plain sight. (S)(R)
1.20 Weather for the Week Ahead
 Seven-day forecast. (S)
1.25 to 6.00 AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM The Repair Shop on the Road
 From York Minster. (S)(R)(AD)
7.15 Bargain Hunt (S)(R)
8.00 Sign Zone: The Repair Shop (S)(R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific (S)(R)(AD)
4.15 All Roads Lead Home (S)(R)(AD)
5.15 Flog It! From Kent. (S)(R)
6.00 Richard Osman's House of
Games New edition Gethin Jones,
 Tiff Stevenson, Kate Thornton
 and Gary Wilmot take part. (S)
6.30 NEW SERIES Robson Green's
Weekend Escapes 1/15. Robson
 is joined by his *Grantchester*
 co-star Kacey Ainsworth. (S)(AD)
 ■ Entire series on BBC iPlayer



9.00 The Balkans: Europe's...

- 7.00 Grand Tours of**
Scotland's Rivers
New edition 4/6. Paul Murton
 follows the North Esk. (S)(AD)
7.30 Mastermind
New edition Subjects include
 Henry VII and *Doctor Who*
 – the David Tennant years. (S)
8.00 Only Connect
New edition Four Opinions
 take on the Cat Cows. (S)
8.30 University Challenge
New edition Amol Rajan
 asks the questions in the
 opening quarter-final. (S)
9.00 The Balkans: Europe's
Forgotten Frontier
Series finale 2/2. BBC Europe
 Editor Katya Adler discovers a
 battle for power taking place,
 with the West, Russia and China
 all wanting Serbia to be in their
 sphere of influence. (S)(AD)
10.00 QI
New edition The best
 moments from the V series,
 hosted by Sandi Toksvig. (S)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 What's the Matter with Tony
Slattery? The late comedian
 meets experts to explore his
 psychological problems. (S)(R)(AD)
12.05 AM Sign Zone: Countryfile Matt
 Baker and Charlotte Smith visit the
 Welney Wetland Centre in Norfolk
 for World Wetlands Day. (S)(R)
1.00 Sign Zone: The Balkans: Europe's
Forgotten Frontier (S)(R)(AD)
2.00 Sign Zone: Silent Witness (S)(R)
3.00 to 6.30 AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David
 Dickinson hosts from Aintree
 Racecourse, where a collection
 of old watches snapped up at
 a car boot sale make a huge
 profit at auction. (S)(R)(AD)
3.00 Lingo New edition Word-based
 game show hosted by Adil Ray. (S)
4.00 Deal or No Deal New edition
 Stephen Mulhern hosts as Ozzy
 takes on the infamous Banker. (S)
5.00 The Chase New edition Quiz
 show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 Unforgotten

- 7.30 Emmerdale**
 Charity reveals her knowledge,
 Joe realises that Kim is
 spying on him, and Noah is
 convinced to stay in the UK,
 leaving Joe rattled. (S)(AD)
8.00 Coronation Street
 Shona is horrified by Kevin's
 CCTV footage, Kit interrogates
 Leanne, Mason's funeral takes
 place, Rob and Mandy put
 their plan into action, while
 Abi describes her distressing
 visions to Dr Gaddas. (S)(AD)
9.00 Unforgotten
New episode 2/6. The Bishop
 Street team investigate Gerry
 Cooper's record. As Jess and
 Sunny make contact with
 his widow, Juliet, more layers
 to the suspects' lives are
 also revealed. (S6) (S)(AD)
10.00 ITV News (S)
10.30 Local News (S)
10.45 The Killing of PC Harper:
A Widow's Fight for Justice
 Trevor McDonald presents a
 documentary about the
 investigation of the death of
 police officer Andrew Harper
 in August 2019, and the
 campaign to change the law
 by his widow Lissie. (S)(R)(AD)
11.40 Heathrow: Britain's Busiest
Airport The iconic Boeing 747
 flies out of the airport for the final
 time, with plane spotters hoping to
 bid it a fond farewell. (S)(R)(AD)
12.05 AM Teleshopping
3.00 Lingo Quiz show. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM Deal or No Deal (S)(R)
+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **804** **108** **4** **104** **104/106**
- 6.25** AM Cheers 22–24/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 1–4/24. (S6) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares
USA From Florida. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown New edition (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun New edition
 In Italy, Lisa and Paul open two
 holiday let apartments. (S)
5.00 Four in a Bed New edition
 The contest begins at the Harboro
 Hotel in Melton Mowbray. (S)
5.30 Come Dine with Me New edition
 Performing arts teacher Nina hosts
 the first night in Plymouth. (S)
6.00 A Place in the Sun New edition
 A pair of retirees look for a holiday
 home on Spain's Costa Cálida. (S)



8.00 Jamie's £1 Wonders...

- 7.00 News** (S)
8.00 Jamie's £1 Wonders &
Money-Saving Meals
Series finale 6/6. Jamie Oliver
 makes a roast feta and tomato
 pasta using up odds and ends,
 and demonstrates a method
 for an easy tomato sauce
 made in an air fryer. (S)(AD)
9.00 Go Back to Where
You Came From
New edition 2/4. In Syria,
 the group of Brits come close
 to terrifying drone strikes.
 In Lebanon, they witness
 rising tensions as stretched
 resources fuel hostility. (S)(AD)
10.05 First Dates
New edition On Valentine's
 night, 50-year-old Dave, a
 wedding celebrant who unites
 couples in matrimonial bliss,
 hopes to find a piece of that
 happiness for himself. (S)(AD)
11.10 Celebrity Gogglebox Famous
 faces appraise *One Question* and
The Laundry Guy. (S)(SL)(R)(AD)
12.10 AM Gogglebox (S)(SL)(R)(AD)
1.00 Ramsay's Kitchen Nightmares
USA From New York. (S)(SL)(R)
1.50 Location, Location, Location
 From Sheffield. (S)(SL)(R)
2.45 Hollyoaks Omnibus (S)(SL)(R)
3.55 Jamie's Comfort Food (S)(R)
4.05 Frasier 18–21/24. (S2) (S)(R)(AD)
5.45 to 6.25 AM Countdown (S)(R)
+1 hour **204/208** **304** **15** **121**

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.20 FILM A Dangerous Affair
 Drama starring Kyla Ferrier.
 (S) (2023, 12, 100min) ★★
4.00 Bargain-Loving Brits in the Sun New edition Colin Coco Brown and his friend Tracy have a busy day running a tombola to raise money for the Animal Rescue Centre. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life
 In Horsforth, chef Matt Healy prepares to open an eatery on his home turf. (S)(R)
6.55 News (S)



4.00 Bargain-Loving Brits in...

- 7.00 Police Interceptors**
New edition Officers in County Durham pursue a car when they believe the driver and passengers are transporting drugs. (S)
7.55 News (S)

- 8.00 Traffic Cops**
New edition A routine stop on a car suspected of having no insurance or MOT attracts the attention of a man from a nearby house, who pulls out a handgun. (S)

- 9.00 Murder: Suspect No 1**
New edition The detectives investigate twin brothers who attacked a man in his home, trying to gather enough evidence to charge them with murder and work out who threw the fatal punch. (S)

- 10.30 Casualty 24/7: Every Second Counts**
 Dr Nick Mani treats a nine-month-old baby who has a very high temperature, while physiotherapist Jovan helps a 90-year-old woman who banged her head. (S)(R)

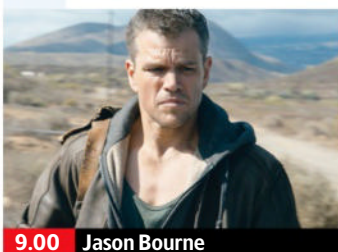
- 11.30 999: Critical Condition** A man is brought in after his motorbike collided with a tractor. (S)(R)
12.30 AM Traffic Cops (S)(R)
1.25 PlayOJO Live Casino Show (S)
3.25 Thames at Night with Tony Robinson (S)(R)
4.15 Rich House, Poor House (S)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Orangutan Jungle School (R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S)(R)
4.00 MacGyver 12/15. (S5) (S)(R)
5.00 The Simpsons The Longest Marge: Marge and Mr Burns fight for the soul of a young football prodigy. (S)(R)
5.30 The Wayz We Were: Evergreen Terrace develops a traffic problem. (S)(R)
6.00 The Office (US) 17/26. Michael finishes making his film *Threat Level Midnight*. (S)(R)
6.30 18/26. Todd Packer moves into the office. (S7) (S)(R)



9.00 Jason Bourne

- 7.00 The Simpsons**
Pixelated and Afraid: Homer and Marge push themselves to their limits to survive in an icy wilderness. (S)(R)
7.30 Boyz N the Highlands: A weekend in the wilderness takes a dark turn. (S)(R)

- 8.00 A League of Their Own** 5/8. Romesh Ranganathan hosts as England footballer Ollie Watkins guests alongside comedians Kevin Bridges and Maisie Adam. (R)

- 9.00 FILM Jason Bourne**
 Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Alicia Vikander, Julia Stiles, Vincent Cassel and Riz Ahmed. (2016, 12, 123min) ★★ ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 11.20 Veep 3/10.** Selina makes a mistake when using the White House's Twitter account. (S)(R)
11.55 4/10. Selina's mother suffers a stroke. (S5) (S)(R)

- 12.30 AM Brassic 5/6. (S1) (S)(R)(AD)**
1.30 The Force: North East (S)(R)
2.30 Road Wars (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 12/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 8.00-8.30pm Disclosure:** Kids on the Psychiatric Ward **11.10 Panorama**
11.40 Bump 12.50am Scotcast **1.20 The Traitors**
US 2.20 Weather
2.25-6.00am BBC News

N. IRELAND

Sky 966, Virgin 863, Freesat 966

- 8.00pm** Anna Haugh's Big Irish Food Tour
8.30-9.00am Panorama
10.40 Wynne & Joanna: All at Sea **11.10 Funboys**
11.35 Have I Got News for You 12.05am Bump
12.45 The Traitors US
1.45-6.00am BBC News

WALES

Sky 965, Virgin 864, Freesat 965

- 8.00-8.30pm** The Six Nations Greatest Moments
10.40 Panorama 11.10 Legends of Welsh Sport: Nicky Grist **11.40 Bump**
12.20am Bump 12.50 The Traitors US 1.50-6.00am BBC News

BBC2

N. IRELAND

Sky 969, Freesat 969

- 10.00-10.30pm** Giollaíonn Beirí Bóthair
11.05pm-12.05am Heartbreakers at the BBC: Volume 3

WALES

Sky 968, Freesat 968

- 10.00am LIVE** Snooker: The Welsh Open
4.30-5.15pm The Edge
7.00 LIVE Snooker: The Welsh Open **8.00** Mastermind **8.30** Only Connect **9.00** University Challenge **9.30-10.30** The Balkans: Europe's Forgotten Frontier **11.05** Snooker: The Welsh Open **11.50pm-12.05am** Planet Earth: A Tale of Three Bears

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **12.00noon** Newyddion **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Efiaciws **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad **6.30** Rownd a Rownd **7.00** Heno **7.30** Newyddion **8.00** Gwladfa: Gwilym Bowen Rhys **8.25** Cegin Bryn: Yn Ffrainc **8.55** Newyddion **9.00** Ffermio **9.30** Sgorio **10.00** Troseddau Cymru Gyda Sian Lloyd **11.00-11.35pm** Codi Hwyl

TV&Satellite
 New issue
 on sale
 tomorrow

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Kevin McCloud is the Star in a Reasonably Priced Car.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 1/8. Leomie Anderson presents as the competitors are tested on the set of *Bridgerton*.
9.00 Boarders New episodes 3/6. Carol is determined for her school showcase to go well, but Jaheim is in London trying to find his brother.
9.50 4/6. The Raisinettes threaten Omar if he doesn't deliver secrets soon. (S2)
 Entire series on BBC iPlayer
10.35 Man in the Arena: Tom Brady 9/10. The quarterback and team-mate Julian Edelman discuss their third Super Bowl in four years.
11.25 10/10. The quarterback starts a new chapter with Tampa Bay Buccaneers.
12.20 AM Top Gear
1.20 Sky High Club: Scotland and Beyond
1.50 Eating with My Ex
2.20 to 4.00 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S Tim Shaw and Fuzz Townshend secretly restore a 1964 Porsche 356.
2.05 Four in a Bed Five editions of the B&B challenge.
4.50 Chateau DIY Anna and Edward race to bring down an enormous fig tree.
5.50 Car S.O.S Fuzz and Tim attempt to restore a 1965 German classic car.
6.55 Car S.O.S Tragedy strikes while Fuzz Townshend and Tim Shaw are fixing up a World Rally-winning car.
7.55 Tim and Fuzz restore a Citroën SM – considered one of the greatest French cars ever – after it suffered catastrophic engine failure on its first outing.
9.00 Guy Martin's D-Day Landing The presenter undertakes a challenge to restore a plane from World War Two, and recreate a parachute jump into the Normandy countryside, as thousands of Allied soldiers did during D-Day.

- 11.00 8 Out of 10 Cats Does Countdown** With Miles Jupp.
12.05 AM 24 Hours in A&E
3.20 999: On the Front Line
to 3.50 AM Supermarkets Unwrapped: The Vegan Aisle

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Tim Dunn visits Ribbleshead Viaduct.
7.45 The Flying Gardener From the Norfolk Broads.
8.00 Tutankhamun in Colour Examining the discovery of Tutankhamun's tomb.
9.00 Tutankhamun's Secrets: Raiders of the Lost Past with Janina Ramirez The story of how the pharaoh's treasure was found.
10.00 The Treasures of Tutankhamun Magnus Magnusson's guide to the 1972 exhibition.
10.50 Tutankhamun's Egypt Cyril Aldred focuses on the artists of ancient Egypt.
11.10 Exploring how important the army became in New Kingdom times.
11.50 Archaeology: A Secret History Documentary.
12.45 AM The Flying Gardener
1.00 Tutankhamun in Colour
2.00 The Treasures of Tutankhamun
2.50 to 3.50 AM
 Tutankhamun's Secrets...

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks A villager is wrongfully imprisoned.
7.30 Modern Family 17/18. Phil and Claire decide one of the kids needs to move out. (S11)
8.00 The Simpsons Bart's New Friend: Homer is hypnotised into thinking he is a boy.
8.30 The Musk Who Fell to Earth: Billionaire inventor Elon Musk comes to town.
9.00 Celebrity Gogglebox Famous faces appraise *Sexy Beasts* and *Naked and Afraid*.
10.00 Gogglebox Opinions on *The Crown* and *Planet Earth III*.
11.05 First Dates
12.05 AM Naked Attraction's Best Naughty Bits
1.10 Celebrity Gogglebox
2.10 Gogglebox
3.05 Teen First Dates
4.00 The Simpsons
4.25 Brooklyn Nine-Nine
5.15 to 6.00 AM
 Modern Family

+1 hour 235/236 306 30 123

Monday

primetime

primetime



Twitter.com/TVSatelliteWeek

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

TV&Satellite Week 57

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: Canada's Front Line Double bill.
11.00 The Good Doctor 3/18. (S1)
12.00 NOON FBI 5/13. (S6)
1.00 PM FBI: International (S3)
2.00 FBI: Most Wanted 5/13. A debate team and their English teacher are kidnapped in rural Pennsylvania. (S5)
3.00 Stop, Search, Seize
4.00 Nothing to Declare

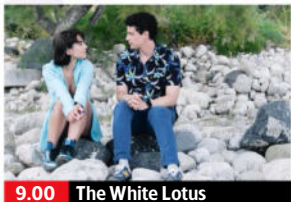


8.00 FBI

Sky Atlantic

108/109 808 342 357

- 6.00 AM Urban Secrets Double bill.
8.00 The Sopranos 17 & 18/21. (S6)
10.10 Billions 3&4/12. (S5)
12.25 PM Game of Thrones (S3)
1.25 Big Love 1&2/12. (S2)
3.35 The Sopranos 17/21. Christopher learns the repercussions of his absence.
4.40 18/21. Tony is suspicious of Christopher's behaviour. (S6)
5.40 Billions 3/12. Axe has to deal with a family crisis.
6.45 4/12. Axe's latest move puts him right in Mike Prince's line of fire. (S5)



9.00 The White Lotus

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 8&9/22. (S6)
8.00 The Flash 3/18. (S7)
9.00 Stargate SG-1 11 & 12/22. (S1)
11.00 Manifest 7/13. (S3)
12.00 NOON The Flash 4/18. (S7)
1.00 PM S.W.A.T. 10&11/22. (S6)
3.00 NCIS: New Orleans (S7)
4.00 MacGyver 12/15. (S5)
5.00 Manifest 6/13. Ben races against the clock. (S3)
6.00 Stargate SG-1 11/22. Daniel and the crew try to rescue someone who successfully travelled through the Stargate 50 years earlier. (S1)



9.00 Hacks

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.50 Secret Crush Double bill.
11.55 Dinner Date Double bill.
12.55 PM Supermarket Sweep
2.00 Family Fortunes
3.00 Charmed 11/22. Bystanders get supernatural powers. (S7)
4.00 Gilmore Girls 10/22. Lane starts working at the diner. (S4)
5.00 Dinner Date Recruitment Officer Stevie picks a date.
6.00 Celebrity Catchphrase With guests Kadeena Cox, Adam James and Ellie Taylor.



9.00 Love Island: All Stars

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 A Touch of Frost
10.35 The Royal Winners and Losers.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 A Touch of Frost Endangered Species: Jack and new sidekick DC Presley race to a farm where they uncover both an exotic animal smuggling ring.
5.55 Heartbeat Second Chances: Merton crosses swords with an old adversary.



6.55 Heartbeat

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI Family Affair: 10/13. A security guard is killed while tending to a pregnant woman. (S6)

9 PM

- 9.00 Blue Bloods Good Intentions: 5/20. Danny and Baez help a desperate man to find his missing sister. (S12)

10 PM

- 10.00 Law & Order: Special Victims Unit Soldier Up: 11/22. Benson tries to help the gang member who attacked her. (S24)

- 11.00 The Rookie 20/20. (S2)
12.00 MT Law & Order: Organized Crime 8/8. (S1)
1.00 AM The Good Doctor (S1)
2.00 Bull 22/22. (S6)
3.00 The Rookie: Feds 4/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones The Climb: 6/10. Robb weighs up a compromise to repair his alliance with House Frey, while Jon, Ygritte and the wildlings face a daunting climb. (S3)

- 9.00 The White Lotus Abductions: 6/7. Ethan grows suspicious of Cam, and Lucia helps the Di Grassos search for long-lost relatives. (S2)

- 10.15 The Last of Us When You're Lost in the Darkness: 1/9. Drama starring Pedro Pascal. (S1)

- 11.50 The Gilded Age 6/8. George heads to Pittsburgh to deal with the potential strike. (S2)
12.50 AM Big Little Lies 7/7. Celeste questions Mary Louise. (S2)
1.50 Game of Thrones As 7.55pm.
2.55 Gomorrah 3/10. (S5)
4.00 to 6.00 AM Urban Secrets

+1 hour 208/209

- 7.00 Stargate SG-1 Bloodlines: 12/22. Teal'c returns to Chulak to prevent his son being enslaved by the Goa'uld. (S1)

- 8.00 A League of Their Own Sports-based comedy quiz, with guests Ollie Watkins, Kevin Bridges and Maisie Adam.

- 9.00 Hacks 1/10. An ageing comedian and young writer join forces.
9.40 2/10. Ava joins Deborah on a road trip to get to know her. (S1)

- 10.25 Rob Beckett's Smart TV With Joel Dommett, Jason Fox, Nathaniel Curtis and Hermione Norris.

- 11.10 From 7/10. The edges begin to fray as concerns about Fatima's pregnancy deepen.
12.10 AM 8/10. Accusations start flying after a tragedy. (S3)
1.10 Brassic 5/6. (S1)
2.05 Warrior 9/10. (S3)
3.00 NCIS: New Orleans (S7)
4.00 MacGyver 12/15. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Family Fortunes Gino D'Acampo hosts as the Wilson family from Worcester take on the Popat family from Harrow.

- 8.00 Gordon Ramsay's Food Stars USA 1/10. The competitors are split into teams and must create a food shack on the beach.

- 9.00 Love Island: All Stars New edition The countdown has begun and five weeks of flirting and fun will soon be ending.

- 10.05 Family Guy 4/7. Lois becomes a sultry singer.
10.35 5/7. Peter tries to get on the good side of his boss Mr Weed. (S1)

- 11.05 Family Guy 19/20. Meg, Brian and Stewie take a trip to Russia when Brian's Instagram gets hacked. (S21)
11.35 American Dad! 10&4/23. (S1)
12.35 AM Bob's Burgers (S7&12)
1.35 Iain Stirling's CelebAbility
2.20 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat Sympathy for the Devil: Mike gets involved in the troubles of a newcomer and her unruly daughter.

- 8.00 Midsomer Murders Dark Secrets: The life of an eccentric and reclusive couple comes under police scrutiny when a social services investigator is killed. Meanwhile, Barnaby's wife arrives in Midsomer.

- 10.00 Endeavour Nocturne: The murder of a museum specialist leads Morse to a girls' boarding school with a dark history.

- 12.00 M'Trial & Retribution 1/2. Fifteen-year-old Cassie Booth goes missing while doing her local paper round, and her blood-stained clothes are later found in a nearby boathouse during a police search. (S3)
2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
2.00 PM Sign Zone: Money for Nothing
2.45 Sign Zone: The Repair Shop on the Road
3.30 Sign Zone: Grand Tours of Scotland's Rivers
4.00 This Is BBC Scotland
7.00 Reporting Scotland
7.30 LIVE Sportscene: Scottish Cup St Mirren v Hearts: Coverage of the fifth-round tie from the SMISA Stadium. Kick-off is at 7.45.
10.00 Show People: Licensed to Thrill New edition 5/6. Actor and showman Bailey prepares to try his hand at stand-up.
10.30 Series finale 6/6. The showmen reflect on what the future holds.
11.00 Scotcast New edition
11.30 PM to 12.00 MT Sportscene: SWPL Highlights A round-up of latest top-flight action.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Mr Mayor (S2)
9.00 The Conners (S3&4)
10.00 Silicon Valley (S6)
11.20 High Maintenance (S3)
12.35 PM Entourage (S7)
1.45 Silicon Valley (S6)
3.05 High Maintenance (S3)
4.25 Wellington Paranormal
5.00 Mr Mayor 2&3/10. (S2)
6.00 The Office (US) (S7)
7.00 The Conners (S3&4)
8.00 Mr Mayor 5&6/10. (S1)
9.00 NEW SERIES SNL50: Beyond Saturday Night 1/4. A behind-the-scenes look at the comedy sketch show. The first edition looks at SNL's audition process.
10.10 Real Time with Bill Maher New edition Topical discussion.
11.20 Veep 3&4/10. (S5)
12.40 AM And Just Like That...
1.30 Nikki Glaser: Someday You'll Die Stand-up.
2.40 High Maintenance (S3)
3.50 to 5.00 AM Wellington Paranormal

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Punchdrunk: Behind the Mask
7.00 Anyone Can Sing
8.00 The Joy of Painting
9.00 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Portrait Artist of the Year 2020
1.00 PM Tales of the...
2.00 Classic Literature & Cinema Adventure novels.
3.00 Discovering
4.00 Guy Garvey: From the Vaults
5.00 Portrait Artist 2020
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 André Rieu: Falling in Love - Live in Maastricht 2016
11.00 André Rieu: Making the Magic
12.00 MT Gods of the Game
1.45 AM Sing When You Are Winning
2.45 Anna X
4.10 The Eighties
5.10 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Monkey Life
10.00 Stop, Search, Seize
11.00 Highway Patrol
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Monkey Life
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 26/26. (S6)
5.00 Stargate Atlantis (S1)
6.00 Star Trek: Deep Space Nine 20/26. (S7)
7.00 Star Trek: Voyager The Raven: 6/26. (S4)
8.00 Hawaii Five-0 (S7)
9.00 SEAL Team (S4)
11.00 Britain's Most Evil Killers Lancashire-born double-killer Andrew Dawson.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Law & Disorder Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Backyard Builds New edition DIY series.
8.10 Olivia Meets Her Match
9.10 Food Trip Down Under
10.10 Making It Home
11.10 The Real Housewives of Beverly Hills
12.05 PM Olivia Meets Her...
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Beverly Hills
5.00 The Real Housewives of New Jersey New edition
6.00 Making It Home
7.00 Judi's Culinary Cruise
8.00 Dinner Date
9.00 Emergency Nurses
10.00 The Real Housewives of Orange County
10.55 The Real Housewives Ultimate Girls' Trip
12.00 MT The Only Way Is Essex Reality series.
1.00 to 1.30 AM Backyard...

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 13/13. (S2)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 5/8. (S3)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 8-11/22. (S10)
9.00 Randall and Hopkirk (Deceased) For the Girl Who Has Everything: 12/26. Jeff and Marty embark on a ghost hunt at a haunted castle. (S1)
10.00 The Avengers The Fear Merchants: 2/24. The duo investigate a spate of murders. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S10)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM The Protectors
- 6.35 The Professionals
- 7.35 The Casebook of Sherlock...
- 8.45 Magnum, PI
- 9.50 Kojak
- 10.55 BattleBots
- 12.00 NOON The Casebook of Sherlock Holmes
- 1.10 PM Magnum, PI
- 2.15 Kojak
- 3.20 Minder
- 4.25 BattleBots **New edition**
- 5.25 The Motorbike Show
- 6.25 Beat the Chasers



5.25 The Motorbike Show

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 17/26. (S3)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 6/26. (S6)
- 2.00 Warehouse 13 13/13. (S2)
- 3.00 Stargate SG-1 19/20. (S8)
- 4.00 Star Trek: Voyager 15/26. (S2)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 17/26. Worf faces a life-or-death battle to save his family's honour. (S3)



7.00 Warehouse 13

U&Alibi

109/110 809 114 343 358

- 7.10 AM Murdoch Mysteries (S9)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 11/16. (S3)
- 12.00 NOON The Mentalist (S4)
- 1.00 PM Death in Paradise (S4)
- 2.00 Murdoch Mysteries (S9)
- 4.00 The Doctor Blake Mysteries 2/10. A member of staff is found dead at the hospital. (S1)
- 5.00 Hudson & Rex 11/16. A murder appears to mimic an infamous crime spree from the past. (S3)
- 6.00 Father Brown As 10.00pm.



9.00 Death in Paradise

U&Gold

110/111 810 124 344 359

- 7.25 AM Only Fools and Horses
- 9.20 The Green Green Grass
- 10.00 Are You Being Served?
- 10.40 Porridge
- 11.20 Last of the Summer Wine
- 12.40 PM The Green Green Grass
- 1.20 Only Fools and Horses
- 2.00 Dad's Army
- 2.40 Porridge
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.20 The Green Green Grass
- 6.00 Are You Being Served?
- 6.40 Dad's Army



8.00 The Good Life

U&Dave

111/112 811 127 19 157

- 7.10 AM Rick Stein's Far Eastern Odyssey Sri Lanka and Bali.
- 8.00 Cop Car Workshop
- 10.00 Robson's Extreme Fishing Challenge Double bill.
- 12.00 NOON American Pickers: Best Of Double bill.
- 2.00 PM How Britain Worked
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British The history of pub food.
- 6.00 Rick Stein's Long Weekends The chef heads to Berlin, where history and the avant garde dwell side by side.



10.00 Will & Ralf Should Know...

7.25 Monster Carp Tom Dove and Neil Spooner begin a new adventure in the South of France, where the lads battle against themselves and the locals to land the sought-after wild carp of Salagou.

9.00 FILM Pitch Black Sci-fi chiller starring Vin Diesel and Radha Mitchell. A space transport ship crash-lands on a planet populated by voracious monsters that are only able to come out at night. With Cole Hauser. (1999, 15, 108min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Auf Wiedersehen, Pet 7/13. Dennis takes Dagmar for a quiet weekend away.
12.15 AM 8/13. The lads meet a fellow Brit while spending a weekend in the country. (S1)
1.15 Two and a Half Men (S1)
2.05 to 3.00 AM Minder

+1 hour 220 318 118

7.00 Warehouse 13 Secret Santa: 13/13. Artie is reunited with his father after 30 years – just in time for Hanukkah. (S2)

8.00 Stargate SG-1 Moebius – Part One: 19/20. The crew travel back in time to get their hands on a piece of ancient technology. (S8)

9.00 Grimm Quill: 4/22. Nick investigates an accident, only to find a disease is spreading among the Wesen. (S2)

10.00 The Walking Dead When the Dead Come Knockin': 7/16. Michonne arrives at the prison with terrible news for Rick. (S3)

11.00 SurrealEstate 9/10. A bride is cursed ahead of her wedding.
12.00 M/T 10/10. The Donovan House confronts the team with their deepest losses and greatest regrets. (S1)

1.00 AM True Blood 9&10/12. Double bill of episodes. (S1)
3.00 Room 104 5&6/12. (S4)
4.00 to 6.00 AM Most Haunted

7.00 The Mentalist His Thoughts Were Red Thoughts: 16/24. The CBI team confront old adversary Bret Stiles. (S4)

8.00 White Collar Judgement Day: 16/16. Neal waits for his colleagues to give their testimony. (S3)

9.00 Death in Paradise Unlike Father, Unlike Son: 8/8. A murder suspect is shot in police custody. (S4)

10.00 Father Brown The New Order: The priest finds his position under threat when he clashes with a new parishioner.

11.00 The Mentalist As 7.00pm.
12.00 M/T White Collar As 8.00pm.
12.55 AM CSI: Vegas 21/21. A murder case hits close to home for Folsom. (S2)

1.55 So Help Me Todd 11/21. (S1)
2.50 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

7.20 Dad's Army Wilson allows the vicar and the verger to enlist in the Home Guard.

8.00 The Good Life Tom considers leaving Surbiton to live on a farm.

8.40 The Thin Blue Line The officers have a brush with fame as a TV crew arrive.

9.20 Blackadder the Third The new prime minister plots to bankrupt the Prince Regent.

10.00 The Office David uses the staff's appraisals as another opportunity to share his wisdom.

10.40 The Good Life As 8pm.

11.20 The Thin Blue Line

12.00 M/T Blackadder the Third

12.40 AM The Office As 10.00pm.

1.20 Toast of London First episode of the comedy following the life of an eccentric actor.

1.55 Inside No 9

2.35 to 4.00 AM The Outlaws

+1 hour 210/211 324

7.00 Would I Lie to You? With guests Robert Webb, Terry Wogan, Katy Wix and Kevin Bridges.

7.40 Richard Osman's House of Games With Thanyia Moore and Kaye Adams.
8.20 With Ruby Bhogal, Ed Byrne, Ingrid Oliver and Matthew Pinsent.

9.00 QI XL Guests Joe Lycett, Aisling Bea and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig.

10.00 Will & Ralf Should Know Better Will Mellor and Ralf Little explore the realities of daily life in an eco-village.

11.00 Taskmaster Comedian Joe Wilkinson takes on a potato-throwing challenge.

12.00 M/T Mock the Week

12.40 AM Would I Lie to You?

2.00 Hate Thy Neighbour

3.00 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location In Edinburgh.
- 7.00 A Place in the Sun
- 7.45 The Great Pottery Throw Down The potters sculpt realistic vegetable lamp bases.
- 9.00 24 Hours in A&E A 27-year-old is brought in after being thrown from his motorbike at speed.
- 10.00 A collection of memorable stories.
- 11.00 Top Guns: Inside the RAF 1/6. Documentary.
- 12.05 AM Manhunt
- 1.05 Go Back to Where You Came From
- 2.10 FILM Jojo Rabbit Satirical comedy. (2019, 12, 108min) ★★★★★
- 4.15 to 4.45 AM Food Unwrapped's Nordic Adventure

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 18-20/24. (S8)
- 12.00 NOON Law & Order
- 6.00 PM NCIS Sins of the Father: 10/24. Tony's father is discovered drunk in a car with a dead body in the boot.
- 7.00 Newborn King: 11/24. A murder investigation leads the team to give protection to a pregnant Marine.
- 8.00 Housekeeping: 12/24. The team cross paths with missing NCIS agent EJ Barrett. (S9)
- 9.00 New episode Left Unsaid: 4/10. The NCIS team race against time to find a missing petty officer who disappeared during his marriage proposal. (S21)
- 10.00 Law & Order: Special Victims Unit (S14&13)
- 1.55 AM Criminal Minds
- 2.50 New York Undercover
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Car Pound Cops
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts Patients include an ex-miner with breathing issues.
- 9.00 Ambulance: Code Red A 64-year-old has a suspected cardiac arrest.
- 10.00 Call the Bailiffs: Time to Pay Up A woman who owes almost £4,000 in rent.
- 11.00 Skin A&E
- 12.00 M/T A&E After Dark
- 1.05 AM Dexter (S2)
- 3.05 Home and Away
- 3.55 to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
- 10.00 Traffic Cops
- 11.00 Police Interceptors
- 12.05 PM FILM California Western with Ray Milland. (1946, PG, 97min) ★★
- 2.05 FILM Flame of the Barbary Coast Western starring John Wayne and Ann Dvorak. (1945, b/w, U, 91min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 7.00 Motorway Cops: Catching Britain's Speeders Documentary.
- 8.00 Police Interceptors
- 9.00 FILM Hard to Kill Revenge thriller starring Steven Seagal and Kelly LeBrock. (1990, 18, 92min) ★★
- 11.00 Extreme Tow Truckers
- 12.00 M/T Ice Cold Catch
- 1.00 AM Police Interceptors
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: Homes for Veterans – Part Two
- 12.00 NOON DIY SOS: The Big Build From Swansea.
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 Property Brothers: Family Flashback
- 8.00 Inside the Ambulance
- 9.00 NEW SERIES At Home with Katherine Ryan 1/4. Katherine embarks on a 10-month tour. Entire series on U
- 10.00 Kathy Burke's All Woman Documentary.
- 11.00 Red Flag
- 12.00 M/T Louis Theroux's Forbidden America
- 1.00 AM Celebrity MasterChef Australia
- 2.00 to 3.00 AM One Born: What Happened Next?

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.15 AM All Creatures Great and Small
- 8.05 Doctors
- 9.15 Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.20 Bergerac
- 4.20 All Creatures Great and Small
- 5.25 The Upper Hand
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 The Brokenwood Mysteries Black Widow: 1/4. A woman is found dead in a Lord of the Rings-themed tourist attraction. (S3)
- 10.00 New Tricks Meat Is Murder: A murder at Smithfield Market leads to a shocking revelation.
- 11.20 Bergerac 3/11. (S8)
- 12.20 AM Lovejoy
- 2.45 to 4.00 AM Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Suffolk.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 The Yorkshire Auction House **New edition** Angus tries to fund a couple's move to the US by selling their precious gemstones and retro video games.
10.00 The Yorkshire Auction House Angus must pull out all the stops to sell a collection started after a near-fatal accident.
11.00 Celebrity Yorkshire Auction House
12.00 M'T Help! My House Is Haunted Double bill.
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Homestead Rescue: Raney Ranch
1.00 PM **LIVE** Snooker: Welsh Open Coverage of the afternoon session on day one from Venue Cymru in Llandudno.
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch The Time Bandit and Northwestern join forces.
8.00 Josh and John ask Casey and Sig to help tank the fleetwide quota.
9.00 Naked and Afraid XL
10.00 Naked and Afraid: Alone
11.00 Aussie Gold Hunters
12.00 M'T Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 Unsellable Houses **New edition** Lyndsay Lamb and Leslie Davis update a home's original materials to create an elegant twist on farmhouse design.
10.00 Celebrity IOU Cindy Crawford calls on Drew and Jonathan to pull off a surprise renovation for her best friend.
11.00 Home Town
12.00 M'T Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole Double bill of editions.
7.00 Tenable Five charity volunteers from London take part in the quiz hosted by Warwick Davis.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 M'T Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable Quiz show.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 Nigella Bites
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes: Another...
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 Nigella Bites
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes: Another Helping Double bill.
10.00 Adam Richman Eats Football **Series finale**
10.30 Adam Richman Eats Britain From Scone.
11.00 **NEW SERIES** Diners, Drive-Ins and Dives **11.30 New edition**
12.00 M'T Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughtered: Busby Quints
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 7 Little Johnstons
8.00 The Family Chantel
9.00 Baylen Out Loud **New edition**
10.00 My Big Fat Fabulous Life **New edition**
11.00 Sex Sent Me to the ER
12.00 M'T Monsters Inside Me
1.00 AM Extreme Couponing
2.00 My Big Fat Fabulous Life
3.00 Sex Sent Me to the ER
4.00 The Family Chantel
5.00 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM War Machines
9.10 **FILM** Operation Cross Eagles Wartime drama. (1969, 12, 90min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** Rage at Dawn Crime Western. (1955, U, 95min) ★★
3.00 **FILM** Ride in the Whirlwind Western. (1966, PG, 83min) ★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers (S5)
9.00 **FILM** Judge Dredd Sci-fi action thriller with Sylvester Stallone. (1995, 15, 95min) ★★
11.05 **FILM** Dragon Eyes Martial arts drama. (2012, 18, 87min) ★★
1.05 AM **FILM** Apocalypse of Ice Disaster drama. (2020, PG, 88min) ★★
3.00 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas...
9.00 Six Million Dollar Man
10.00 T.J. Hooker 14/22. (S3)
11.00 **FILM** Sinbad and the Clash of the Furies Action adventure. (2016, 12, 90min) ★
1.00 PM **FILM** Torture Garden Horror thriller. (1967, 15, 96min) ★★
3.00 **FILM** The Day of the Triffids Sci-fi thriller. (1962, 12, 95min) ★★
5.00 Star Trek 19/30. (S1)
6.00 T.J. Hooker 15/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** Lone Survivor Wartime drama. (2013, 15, 116min) ★★★★★
11.20 **FILM** Acts of Vengeance Drama. (2017, 15, 87min) ★★
1.05 AM **FILM** Executive Command Thriller. (1997, 15, 95min) ★★
3.00 to 4.50 AM **FILM** The Disappearance Thriller. (1977, 15, 102min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 28/3/24. (S1)
1.00 PM Friends (S3)
8.00 Friends 1/24. Rachel writes Ross an 18-page letter about her feelings.
8.30 2/24. Phoebe finds a stray cat. (S4)
9.00 Impractical Jokers Joe, Sal, Murr and Q pose as receptionists.
9.30 Joe, Sal, Murr and Q compete selling their toys to focus groups.
10.00 The Best of Mr Bean
11.05 Drunk History
12.05 AM Chris Ramsey: Approval Needed
1.05 Beavis and Butt-Head
2.05 Reno 911! (S2)
3.05 Rosie Jones Tries to Help With Sophie Duker.
3.10 Jen Brister: Meaningless
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** Accusations and Lies (2019, PG) ★★
10.55 **FILM** Hidden in Plain Sight Crime thriller. (2019, 12, 87min) ★
1.00 PM **FILM** My Terrorised Teen Crime thriller. (2021, PG, 90min) ★★
3.00 **FILM** Time of Death Crime mystery thriller. (2013, PG, 90min) ★★
5.00 **FILM** A Case of Murder: Garage Sale Mystery Crime drama. (2017, PG, 90min) ★★
7.00 Perception Double bill.
9.00 **FILM** The Mexican Action comedy. (2001, 15, 123min) ★★
11.35 **FILM** Eye for an Eye Thriller. (2019, 15) ★
1.40 AM **FILM** Stalked by My Mother Thriller. (2016, 12, 90min) ★★
3.30 Air Rescue
4.00 to 6.00 AM **FILM** The Twin Crime thriller. (2017, 12, 86min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM** Arctic Apocalypse As 5.00pm.
8.00 **FILM** The Day the Earth Stopped Thriller. (2008, 15, 90min) ★★
10.00 Farscape 18/22. (S1)
11.00 **FILM** Slipstream Thriller. (1989, PG, 101 min) ★
1.00 PM **FILM** End of the World Disaster movie. (2018, PG, 88min) ★★
3.00 Farscape 18/22. (S1)
4.00 Star Trek 27/30. (S1)
5.00 **FILM** Arctic Apocalypse Action disaster movie. (2019, PG, 90min) ★
7.00 Farscape 9/22. (S1)
8.00 Star Trek 28/30. (S1)
9.00 **FILM** Fear is the Key Action thriller starring Barry Newman. (1972, 15, 108min) ★
11.05 **FILM** Hannie Caulder Revenge Western. (1971, 15, 85min) ★
1.00 to 3.00 AM **FILM** Maniac Horror thriller. (2012, 18, 87min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers: The Inspired Unemployed
9.30 Impractical Jokers
10.00 Becker 8&9/22. (S1)
11.00 Friends (S3&4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 8&9/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Whose Line Is It Anyway? USA
10.00 Friends 12-17/25. (S3)
1.00 AM The Ren & Stimpy Show 5/6/12. (S2)
2.00 Key & Peele
2.55 Guessable?
3.40 Stephen Bailey: Comedy Central Live
4.05 The Roast of William Shatner
5.15 to 6.00 AM Home Improvement

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM** Together Forever Tea Comedy. (2021, PG, 90min) ★★
10.10 **FILM** The 27-Hour Day Drama. (2021, PG) ★★
12.05 PM **FILM** One Summer Drama. (2021, PG) ★★
2.00 **FILM** The Baker's Son Romantic fantasy. (2021, PG, 84min) ★★
3.55 **FILM** Secret Millionaire Romantic comedy. (2018, PG, 84min) ★★
6.00 **FILM** Romantic Rewrite Romantic comedy. (2022, PG, 82min) ★★
8.00 **FILM** BFF Bride Drama. (2019, PG, 77min) ★★
10.00 **FILM** When Love Came to Town Comedy. (2014, PG, 90min) ★★
12.05 AM **FILM** Mix Up in the Mediterranean Comedy. (2021, PG, 84min) ★★
2.00 Highway to Heaven
3.00 to 5.00 AM **FILM** Love, Again Romantic drama. (2015, PG, 84min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Encounter: UFO
11.10 Strange Evidence
12.10 PM What on Earth?
1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens: The Ultimate Evidence
6.00 Alien Disclosure Files
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 The Curse of Oak Island
10.00 Secrets in the Ice
11.00 Secrets of the Lost Liners The Ile de France. (1972, 15, 108min) ★
12.00 M'T Deadman's Curse
1.00 AM Encounter: UFO
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens: The Ultimate Evidence

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S3)
2.00 PM The Real A&E
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 The Flash 13/18. (S7)
7.00 MacGyver 7/22. Matty sends the team to Ghana to recover a hard drive.
8.00 8/22. The team set off on a dangerous operation. (S3)
9.00 The Force: Manchester Double bill of editions.
11.00 Sick Note 5/6/8. (S2)
12.00 M'T Road Wars
1.00 AM The Russell Howard Hour
2.00 A League of Their Own
3.00 Duck Quacks Don't Echo Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Space 1999 16/24. (S1)
10.00 A Fine Romance (S4)
10.30 Watching 4/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie (S1)
12.00 NOON Shine on...
1.00 PM Jason King (S1)
2.00 Born Free (S1)
3.00 Whicker's World
4.00 Stereo Underground
5.00 Diff'rent Strokes (S1)
5.30 Watching 4/7. (S6)
6.00 I Dream of Jeannie (S1)
6.30 Married... with Children
7.00 The Zoo Gang 1/6. (S1)
8.00 Born Free (S1)
9.00 Jason King 1/26. (S1)
10.00 Married... with Children
10.30 Drop the Dead Donkey
11.00 The Mrs Merton Show
11.35 Hammer House of Horror 9/13. (S1)
12.35 AM Shine on Harvey Moon 7/9. (S3)
1.35 Whicker's World
2.35 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Cumbria: The Lakes & the Coast
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet: At Home with the Greens Double bill.
3.00 Murder, She Wrote
4.00 Columbo
5.25 Walking Tudor Britain
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Yorkshire Great and Small with Dan and Helen Yorkshire Wolds.
10.00 Jane McDonald: Lost in Japan The presenter explores Kyoto.
11.00 Prisoner: Cell Block H
1.00 AM Bargain-Loving Brits in the Sun
3.00 Cumbria: The Lakes & the Coast
3.50 to 4.00 AM Entertainment News

MTV

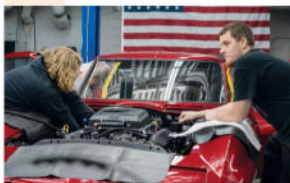
126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom: From the Beginning Reality series.
8.00 Teen Mom OG
9.00 Teen Mom 2: From the Beginning Reality series.
10.00 Teen Mom 2
11.00 Catfish: The TV Show
1.00 PM Catfish: Teams
2.00 Catfish: The TV Show
4.00 Catfish: Catch of the Day Reality series.
5.00 Catfish: The TV Show
7.00 Teen Mom: The Next Chapter Reality series.
8.00 Secrets of McDonalds: 100 Billion Dollar Burger The history of the fast food franchise.
9.00 True Life Crime UK
10.00 Skin A&E
11.00 Ink Master
12.00 M'T Ridiculousness **New edition**
12.30 AM Ridiculousness
1.00 Ink Master Double bill.
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Cries

Discovery

125/126 823 177 320 325

- 6.00 AM How Do They Do It?
7.00 Building Off the Grid
9.00 Kindig Customs
11.00 Wheeler Dealers
1.00 PM Alaska: Homestead Rescue Documentary.
3.00 The Last Woodsmen Jared saves as many logs as he can.
4.00 The crew harvest some of the world's most valuable trees.
5.00 Deadliest Catch Captain Wild Bill fights to save his boat from the rocky Norwegian coastline.
6.00 Wheeler Dealers Mike and Elvis work on an Audi RS6.



9.00 Custom Carolina

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs
9.00 Crikey! It's the Irwins
10.00 Bad Dog! A dog digs ditches in its owners' back garden.
11.00 Alaska: Homestead Rescue
12.00 NOON Animal Cribbs
1.00 PM Crikey! It's the Irwins
2.00 Animal Cribbs Antonio builds a barn for two mini horses.
3.00 Crikey! It's the Irwins
4.00 Dogs 101 The best family pets.
5.00 Alaska: Homestead Rescue
6.00 Animal Cribbs A family's two Nigerian dwarf goats wreak havoc in their backyard.

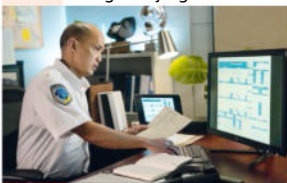


8.00 Lair of the Killer Crocs

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory USA
9.00 Air Crash Investigation
10.00 WW2: Hell Under the Sea
11.00 Airport Security: Colombia
12.00 NOON Car S.O.S
1.00 PM Mysterious Islands
2.00 Air Crash Investigation
3.00 The Battle for Britain: Drain the Oceans Documentary.
4.00 Bloody Tales of the Tower
5.00 Car S.O.S Tim and Fuzz work on a 1978 ice-cream van.
6.00 Nazi Megastructures The construction of a railway through the jungle in Burma.



9.00 Air Crash Investigation

Sky History

123/124 821 131 353 368

- 6.00 AM American Pickers
6.50 Container Wars
7.45 Flipping Bangers
8.45 Forged in Fire
9.35 Storage Wars Five editions.
12.00 NOON Mountain Men
1.00 PM Flipping Bangers
2.00 Combat Ships
4.00 Digging for Britain
5.00 Pawn Stars The guys get all wound up over an automaton.
5.30 Rick and Chumlee inspect a Japanese katana.
6.00 American Pickers Mike and Frank find a huge collection.



NEW

10.00 Secrets in the Ice

U&Yesterday

155 846 129 27 159

- 6.10 AM Antiques Roadshow
8.00 Abandoned Engineering
10.00 Secret Nazi Bases
11.00 Nazi Hunters
12.00 NOON Joanna Lumley's Japan Exploring Tokyo.
1.00 PM Antiques Roadshow
2.00 Bangers & Cash Double bill.
4.00 Secret Nazi Bases
5.00 Nazi Hunters A Jewish group that hunted its persecutors.
6.00 Antiques Roadshow Fiona Bruce presents a special edition of the show from the set of *EastEnders*.



8.00 Simon Reeve's South...

7.00 Salvage Hunters Drew heads to a motorbike museum with a unique history on the Isle of Man.

8.00 Kindig Customs Dave is excited by a new challenge in the form of a 1967 Fiat.

9.00 Custom Carolina **New edition** The team continue to put their own spin on a 1967 resto-modded Chevy Corvette.

10.00 Texas Metal **New edition** Bill wants to wake up his Baja-style F-150 race truck, so the team design a one-of-one suspension.

11.00 Expedition Unknown Josh helps discover a tomb at Petra's iconic Treasury.

12.00 M/T Street Outlaws: Locals Only Motoring series.

1.00 AM Custom Carolina
2.00 Texas Metal As 10.00pm.
3.00 Iron Resurrection
4.00 to 5.00 AM Moonshiners

+1 hour 225/226 377

7.00 Crikey! It's the Irwins Terri helps prepare the zoo's new baby rhino, and Robert is on a mission to save two black swans.

8.00 Lair of the Killer Crocs Following attempts to relocate dangerous crocodiles in Australia.

9.00 Monster Croc Invasion An investigation into the increasing number of human deaths caused by crocodiles in Costa Rica.

10.00 Alaskan Bush People Ami's health concerns force the Browns to relocate, and Noah looks after the homestead.

11.00 Coyote Peterson: Brave the Wild Coyote tracks a family of lizards known as dragons.
11.30 A giant python.

12.00 M/T Tanked
1.00 AM Alaskan Bush People
2.00 Dogs 101 As 4.00pm.
3.00 Alaska: Homestead Rescue
4.00 to 5.00 AM Animal Cribbs

+1 hour 262/275 378

7.00 Air Crash Investigation Uncovered Investigating the cause of the crash that brought down Alaska Airlines Flight 261.

8.00 UFOs: Investigating the Unknown **New edition** People share their stories of close encounters.

9.00 Air Crash Investigation **New edition** Investigating the case of Sriwijaya Air Flight 182, which crashed into the Java Sea in 2021.

10.00 Mutant Weather Focusing on the number of intensifying and strengthening hurricanes and tropical cyclones.

11.00 Air Crash Investigation A 1987 plane crash in Detroit.

12.00 M/T Britain's Underworld
1.00 AM To Catch a Smuggler
2.00 Abandoned Majestic Hotel.
2.30 Money Meltdown
3.20 Food Factory Double bill.
4.10 to 5.00 AM Prairie Dog Dynasty

+1 hour 229/230 383

7.00 Forged in Fire Five novice smiths take part, and the two left standing re-create the war golok, a 16th-century weapon.

8.00 The Great British Dig: History in Your Back Garden The team dig up the gardens of Benningbrough Hall.

9.00 Mayhem! The Secret Lives of the Georgian Kings **New edition** 2/4. A look at George II's battles with his family.

10.00 **NEW SERIES** Secrets in the Ice Visits to the most remote places on the planet to reveal great mysteries frozen in time.

11.00 **NEW SERIES** The UnXplained with William Shatner The veteran actor explores the golden age of piracy.

12.00 M/T Pawn Stars Four editions.
2.00 AM The Lost Women Spies
3.10 The Great British Dig: History in Your Back Garden
4.10 to 6.00 AM Storage Wars

+1 hour 223/224 331

7.00 Guy Martin's Great British Power Trip A look into the past, present and future of British power stations.

8.00 Simon Reeve's South America Simon travels through Brazil, visiting a neglected indigenous neighbourhood in Manaus.

9.00 Villages by the Sea Ben Robinson visits Bamburgh.
9.30 Ben Robinson explores the history of Thorpeness in Suffolk.

10.00 Bangers & Cash: Restoring Classics The team set out on a pre-war challenge with a 1939 three-wheeled Morgan F4.

11.00 Abandoned Engineering Exploring a ruined castle above a German village, a futuristic skyscraper in Johannesburg and a fantasy world outside of Buenos Aires.

12.00 M/T Joanna Lumley's Japan
1.00 to 3.00 AM Secrets of the London Underground

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Chasing Classic Cars
8.00 American Pickers
9.00 Aussie Gold Hunters
11.00 The Repair Shop
1.00 PM Salvage Hunters
3.00 Shed and Buried
4.00 Find It, Fix It, Flog It
6.00 The Repair Shop
8.00 Outback Truckers

New edition Steve Grahame faces a major detour that could wipe out his profits.

9.00 Opal Hunters: Red Dirt Road Trip **New edition** J.C.'s boxing skills are put to the test.

10.00 Mystery at Blind Frog Ranch The team try a dangerous manoeuvre on the trail of the Lost Rhoades Mine.

11.00 Wheeler Dealers
1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids
7.00 Say Yes to the Dress
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress: Atlanta Double bill.
10.00 FBI Files Double bill
12.00 NOON Betrayed
1.00 PM On the Case with Paula Zahn
2.00 Murder on CCTV
3.00 Judge Rinder's Crime Stories Fraudsters targeting the elderly.
4.00 American Monster
6.00 People Magazine Investigates

7.00 10 Steps to Murder
8.00 Murder on CCTV
10.00 On the Case with Paula Zahn **New editions**

12.00 M/T The Grindr Killer: A Faking It Special
1.00 AM Jussie Smollett: A Faking It Special

2.00 Murder Comes to Town
3.00 to 4.00 AM FBI Files

1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy
1.00 PM Judge Judy
7.00 Cold Cases Reopened The area of Hamblen County, Tennessee struggles with the growing opioid crisis.
8.00 Killers: Caught on Camera Suspicion arises after a house fire and a death after a date.

9.00 Forensic Factor **New edition** In 2001, Southern Louisiana is held in the terrifying grip of a serial killer.

10.00 Murder UK **New edition** Raneem Oudeh faced threats when she discovered her husband was already married.

11.00 Evidence of Evil
12.00 M/T 48 Hours
1.00 AM Forensic Factor
2.00 Murder UK
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM Uncovering Melanie's Murderer
10.00 Medical Detectives Anniversary Special
11.00 Medical Detectives
2.00 PM 48 Hours
4.00 Medical Detectives Police believe the death of a millionaire was designed to look like a robbery gone wrong.
4.30 The disappearance of a young woman.
5.00 A witness's home explodes after he gives his testimony.
5.30 A college student is found murdered.
6.00 Police rule out the accidental death of a drowning victim.
6.30 The case of a lawyer who was battered to death.

7.00 Judge Judy Real-life small-claims cases.

12.05 AM Judge Judy
4.45 to 6.00 AM Medical Detectives

1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 AM Highway Cops
7.00 Send in the Dogs
8.00 Stop, Search, Seize
9.00 Nothing to Declare
10.00 Brit Cops: Law & Disorder Documentary.
11.00 Catching the Killer
12.00 NOON The Killer Within
1.00 PM Killer in My Village
2.00 Murders That Shocked the Nation
3.00 Most Evil Killers
5.00 Catching the Killer
6.00 The Killer Within
7.00 Most Evil Killers
9.00 I'll Be Gone in the Dark
10.10 Killer in My Village
11.05 Catching the Killer
12.00 M/T World's Most Evil...

1.00 AM Murders That Shocked the Nation
2.00 World's Most Evil Killers **New edition**

3.00 Made for Murder
4.00 UK Border Force
5.00 to 6.00 AM Motorway Patrol

1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 5.00 AM How It's Made

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of...
8.40 Wrecks That Changed the World
9.35 Armada: Untold Story
10.45 The Rise and Fall of the Rust Belt
11.50 Afghanistan: The...
1.00 PM Grand Tours of...
1.40 Wrecks That Changed the World
2.35 Armada: Untold Story
3.40 The Rise and Fall of the Rust Belt
4.50 Afghanistan: The Wounded Land
5.55 Wrecks That Changed the World
6.55 Grand Tours of Scotland
7.30 Armada: Untold Story
8.35 **NEW SERIES** The Rise and Fall of the Rust Belt Documentary.
9.45 Afghanistan: The Wounded Land
10.55 Armada: Untold Story
12.00 M/T The Rise and Fall of the Rust Belt
1.10 to 2.00 AM Grand Tours of Scotland

1.00 PM Grand Tours of...
1.40 Wrecks That Changed the World
2.35 Armada: Untold Story
3.40 The Rise and Fall of the Rust Belt
4.50 Afghanistan: The Wounded Land
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7.30 Armada: Untold Story
8.35 **NEW SERIES** The Rise and Fall of the Rust Belt Documentary.
9.45 Afghanistan: The Wounded Land
10.55 Armada: Untold Story
12.00 M/T The Rise and Fall of the Rust Belt
1.10 to 2.00 AM Grand Tours of Scotland

+1 hour 222/223 321

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Dustin Hoffman
8.00 The Directors
9.00 The Eighties
9.55 Branson As 6.55pm.
11.00 Saviour Complex
12.00 NOON The Man Who Played with Fire 1-4/4. Documentary.
4.00 PM The Directors
5.00 Discovering: Dustin Hoffman
6.00 The Eighties
6.55 Branson 1/4. A profile of entrepreneur Richard Branson.
8.00 **FILM** Searching for Sugar Man Music documentary. (2012, 12, 86min) ★★★★★
9.45 **My Icon: Thierry Henry**
10.00 I'm Not a Monster: The Lois Riess Murders 1&2/2. Convicted murderer Lois Riess tells her story for the first time, attempting to explain her actions and revealing a disturbing family history and a gambling addiction.
1.30 AM Queen of Speed
3.30 Django & Django
5.00 to 6.00 AM Discovering: Dustin Hoffman

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Glyn Dix.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder? New edition Mysterious deaths.
9.00 Family Man Documentary.
10.00 **NEW SERIES** A Perfect Scam
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM Very Scary People
2.00 A Perfect Scam
3.00 Buried in the Backyard
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM 999 Rescue Squad
1.00 PM 999 Rescue Squad
5.00 **The Bill Tigers:** A boy is worried that a gang are planning to attack his father's restaurant.
5.30 **Guessing Game:** An elderly man is found dead.
6.00 **The Assassins:** Burnside and Tosh try to catch a gang of upper-class thugs.
6.30 **Outmoded:** The station is plagued by a series of bogus emergency calls.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Campion The Case of the Late Pig - Part One:** 5/8. A man is murdered - three months after his funeral.
10.10 **The Case of the Late Pig - Part Two:** 6/8. Albert solves the baffling case of a man who apparently died twice. (S1)
11.25 **The Bill** Four episodes.
1.25 AM **Pointless** Double bill.
3.20 **Campion** 5&6/8. (S1)
5.20 to 6.00 AM **The Bill**
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 My Best Friend's an Animal
10.00 Africa's Wild Horizons
11.00 Orangutan Jungle School
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 My Best Friend's an Animal
4.00 Africa's Wild Horizons
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Wild Latin America
9.00 **Wildlife ER** Tim races to save rescued koala Ashley.
10.00 **Land of Primates** Chacma baboons discover the importance of teamwork.
11.00 **New Kids in the Wild**
12.00 MT Orangutan Jungle School
1.00 AM Rooted
2.00 Wild Latin America
3.00 **Wildlife ER** As 9.00pm.
4.00 Great Parks of Africa
5.00 to 6.00 AM My Best Friend's an Animal

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Sharks Gone Viral
3.00 Critter Fixers: Country Vets
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 **Secrets of the Zoo** The staff throw a leaving party for two polar bears that are being sent to another zoo.
8.00 **NEW** Rare Cat Skills The survival skills of rare wild cats.
9.00 **Diary of a Teen Leopard** A leopard struggles to become independent of his mother.
10.00 **Ten Deadliest Snakes** with Nigel Marven The Philippines.
11.00 Ice Road Rescue
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Home Sweet Homicide
9.00 Betrayed
11.00 **Til Death Do Us Part**
1.00 PM I Am Homicide
3.00 A Crime to Remember
5.00 Evil Stepmothers
7.00 **Southern Fried Homicide** A string of seven murders in the Baton Rouge and Lafayette areas of Louisiana, believed to have been committed by Derrick Todd Lee, who was convicted of two of the deaths.
8.00 The scandalous relationship that rocked a community and led to the deaths of nine people.
9.00 **No One Can Hear You Scream** A woman who had to fight for her life after meeting three strangers at a bar.
10.00 **What Lies Beneath**
11.00 Dead on Arrival
12.00 MT **People Magazine Investigates** Double bill.
2.00 **Evil Stepmothers**
4.00 to 6.00 AM **Southern Fried Homicide**
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Colosseum
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 **UFO Files** A possible alien visitation to England in 1980.
8.00 **Instruments of Death** A look at weaponry used in a Napoleonic charge.
9.00 **The Nostradamus Effect** Exploring the suggestion that Hitler was the third antichrist predicted by Nostradamus.
10.00 **History's Greatest Mysteries** The 1942 'Battle of Los Angeles'.
11.00 **Royal Murder Mysteries**
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Walking Through History
4.00 **UFO Files** As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM **Life After: Chernobyl**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON Expedition Unknown
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Aliens in Alaska** A picturesque rainbow camouflages an extra-terrestrial teleportation device.
8.00 **Life After: Chernobyl** Scientists explore how the environment and wildlife have been affected after 30 years in the most contaminated area on earth.
9.00 **Combat Dealers** Bruce hunts down relics of one of the greatest military commanders of all-time, George S Patton.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindy Customs**
8.00 **Iron Resurrection**
9.00 **Roadworthy Rescues**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Motoring series.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Roadworthy Rescues**
4.00 **Lucky!**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Lucky!** Cutthroat drivers in fast cars result in excitement and tragedy for Formula 1.
9.00 **Kindy Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 MT **Lucky!**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 to 5.00 AM **Trans Am**
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.25 AM **Turn Me On** As 6.00pm.
8.25 **Fox and Hare Save the Forest**
9.50 **The Bikeriders** As 10.00pm.
12.00 NOON **Parachute** Comedy drama. (2023, 15) ★★★★★
2.00 PM **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71min)
3.20 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2024, 15, 148min) ★★★★★
6.00 **Turn Me On** Fantasy drama. (2024, 15, 99min) ★★★★★



10.00 The Bikeriders

- 8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **The Bikeriders** Drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **The Last Step in Yuma** County Crime thriller. (2023, 15, 110min) ★★★★★
2.00 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★★★
3.50 **Get Away** Comedy horror. (2024, 15, 86min) ★★★★★
5.25 to 7.10 AM **Timekeeper** Fantasy. (2024, 15) ★★★★★

Sky Cinema Drama

310 410 510 524

- 7.00 AM **The Cinema List: Rom Com**
7.20 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★★★
9.40 **Defiance** World War Two drama. (2008, 15, 137min) ★★★★★
12.05 PM **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★★★
2.15 **Eternal Sunshine of the Spotless Mind** Offbeat comedy with Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
4.15 **The Boy in the Striped Pyjamas** Wartime drama starring Asa Butterfield. (2008, 12, 94min) ★★★★★
6.00 **The Illusionist** Period mystery starring Edward Norton. (2006, PG, 110min) ★★★★★
8.00 **There Will Be Blood** Epic drama starring Daniel Day-Lewis and Paul Dano. (2007, 15, 158min) ★★★★★
10.40 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★★★
12.50 AM **Calvary** Darkly comic drama with Brendan Gleeson. (2014, 15, 99min) ★★★★★
2.35 **Palm Trees and Power Lines** Drama starring Lily McInerney. (2022, 15, 110min) ★★★★★
4.30 to 6.25 AM **Dance First** Drama. (2023, 12, 100min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.05 AM **Arthur's Whisky** (2023)
7.45 **Under the Boardwalk** (2023)
9.25 **Robin and the Hoods** (2024)
11.10 **Justice League** Adventure. (2017, 12, 120min) ★★
1.15 PM **Aquaman** Adventure. (2018, 12, 143min) ★★★★★
3.40 **Aquaman and the Lost Kingdom** Fantasy adventure. (2023, 12, 124min) ★★★★★
5.45 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★★



5.45 Dungeons and Dragons

- 8.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. With Joseph Quinn. (2024, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 **The Nun II** Horror sequel starring Taissa Farmiga. Sister Irene is reacquainted with demonic Valak at a boarding school in France, and battles for the students' souls. (2023, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **Arthur's Whisky** Comedy. (2023, PG, 91min) ★★★★★
1.40 AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★
3.30 **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★★★
5.15 to 6.00 AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.40 AM **The Frighteners** As 4.10pm.
8.40 **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★★★
10.40 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
12.20 PM **War of the Worlds** Steven Spielberg's sci-fi adventure. (2005, 12, 116min) ★★★★★
2.25 **Continuum** As 12.05am.
4.10 **The Frighteners** Horror comedy. (1996, 15, 110min) ★★★★★
6.10 **Annabelle** Horror spin-off from *The Conjuring*, starring Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
8.00 **Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan and Olivia Cooke. Gamers explore a virtual world in the quest for a deceased tycoon's fortune. (2018, 12, 140min) ★★★★★
10.25 **Gothika** Horror chiller starring Halle Berry and Penelope Cruz. (2003, 15, 98min) ★★★★★
12.05 AM **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★★★
1.45 **Resident Evil** Sci-fi thriller. (2002, 15, 100min) ★★★★★
3.30 **Haunting of the Queen Mary** Horror. (2023, 18, 125min) ★★
5.35 to 7.10 AM **Thir13en Ghosts** Horror. (2001, 15, 91min) ★★★★★

Sky Cinema Family

306 406 506 520

- 6.50 AM **Ghost Squad Fantasy**. (2015, PG, 86min) ★★★
- 8.20 **The Cinema List: Family Pups United** As 3.45am.
- 10.15 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
- 12.00 NOON **Small Soldiers Fantasy**. (1998, PG, 99min) ★★★★★
- 2.00 PM **IF Fantasy**. (2024, U) ★★★
- 4.00 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
- 6.50 **The Flintstones Comedy**. (1994, U, 93min) ★★★



6.50 The Flintstones

- 8.30 **The Flintstones in Viva Rock Vegas** Comedy prequel with Mark Addy and Stephen Baldwin. Fred and Barney take their girlfriends, Wilma and Betty, on a romantic weekend to Rock Vegas. (2000, PG, 91min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 **Shazam! Fury of the Gods** Fantasy adventure sequel starring Zachary Levi and Helen Mirren. (2023, 12, 130min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM **Cats & Dogs: The Revenge of Kitty Galore** Comedy sequel. (2010, U, 82min) ★★
- 2.00 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
- 3.45 **Pups United** Adventure. (2015, U, 89min) ★★★
- 5.25 to 7.05 AM **Robo-Dog** Family sci-fi adventure. (2015, PG, 87min) ★★★

Sky Cinema Valentine

302 402 502 516

- 6.00 AM **Seriously Red** As 3.50am.
- 7.55 **Long Story Short** As 2.10am.
- 9.45 **She's Out of My League** (2010)
- 11.45 **The Cinema List: Rom Com**
- 12.05 PM **Just Like Heaven** Fantasy. (2005, PG, 95min) ★★★★★
- 1.50 **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson. (2003, 12, 116min) ★★
- 4.00 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★★
- 5.50 **P.S. I Love You** Romantic comedy drama starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★
- 8.00 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★★
- 10.10 **Trainwreck** Comedy drama starring Amy Schumer and Bill Hader. (2015, 15, 124min) ★★★★★
- 12.20 AM **She's Out of My League** Romantic comedy starring Alice Eve. (2010, 15, 100min) ★★
- 2.10 **Long Story Short** Romantic comedy. (2021, 15, 90min) ★★★★★
- 3.50 **Seriously Red** Comedy drama. (2023, 15, 104min) ★★
- 5.35 to 6.00 AM **The Cinema List**

Sky Cinema Stunts

307 407 507 521

- 6.00 AM **Assassin** As 3.55am.
- 7.40 **Hanna** As shown at 5.30am.
- 9.40 **Rear Window** Classic thriller. (1954, PG, 112min) ★★★★★
- 11.40 **The Lawnmower Man** Thriller. (1992, 15, 105min) ★★
- 2.05 PM **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★
- 3.50 **Shooter** Action thriller. (2007, 15, 125min) ★★★★★
- 6.00 **The Equalizer 3** Thriller. (2023, 15, 109min) ★★★★★



8.00 John Wick

- 8.00 **John Wick** Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.55 **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. (2017, 15, 122min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M/T **Blade** Adventure chiller. (1998, 18, 121min) ★★
- 2.05 AM **Silent Night** Thriller. (2023, 15, 104min) ★★★★★
- 3.55 **Assassin** Action thriller. (2023, 15, 88min) ★★
- 5.30 to 7.30 AM **Hanna** Action thriller starring Saoirse Ronan. (2011, 12, 106min) ★★★★★

Sky Cinema Greats

304 404 504 518

- 6.50 AM **Fords on Water** As 4.05am.
- 8.30 **Weird Science** As 4.25pm.
- 10.20 **Junior** As shown at 2.05am.
- 12.20 PM **The Young Ones** Musical. (1960, U, 104min) ★★
- 2.20 **The Taming of the Shrew**
- 4.25 **Weird Science** Fantasy comedy. (1985, 12, 94min) ★★
- 6.15 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
- 8.00 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
- 10.00 **National Lampoon's Animal House** American college campus comedy set in the 1960s, starring John Belushi and Donald Sutherland. (1978, 15, 109min) ★★★★★
- 11.55 **The Taming of the Shrew** Director Franco Zeffirelli's screen version of Shakespeare's play. (1967, U, 126min) ★★★★★
- 2.05 AM **Junior** Comedy with Arnold Schwarzenegger and Danny DeVito. (1994, PG, 110min) ★★★★★
- 4.05 **Fords on Water** Comedy starring Elvis Payne and Mark Wingett. (1983, 15, 83min) ★★
- 5.45 to 6.45 AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

- 6.00 AM **The Back-Up Plan** (2010)
- 7.50 **The Accidental Husband**
- 9.25 **Snack Shack** As 3.10am.
- 11.20 **Swede Caroline** Comedy. (2024, 15, 98min) ★★
- 1.05 PM **Superbad** As 9.40pm.
- 3.05 **Sausage Party** Animation. (2016, 15, 89min) ★★
- 4.40 **Big Daddy** Comedy. (1999, 12, 95min) ★★
- 6.20 **Along Came Polly** Romantic comedy starring Ben Stiller. (2003, 12, 90min) ★★★★★



6.20 Along Came Polly

- 8.00 **David Brent: Life on the Road** Comedy spin-off starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.40 **Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Bill Hader, Seth Rogen and Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.40 **The Back-Up Plan** Romantic comedy starring Jennifer Lopez. (2010, 12, 100min) ★★
- 1.30 AM **The Accidental Husband** Comedy. (2008, 12, 86min) ★
- 3.10 **Snack Shack** Comedy. (2023, 15, 107min) ★★
- 5.10 to 6.55 AM **Swede Caroline**

Sky Cinema Animation

305 412 500 514

- 6.20 AM **Wonder Woman** (2009)
- 7.45 **The Canterville Ghost** (2023)
- 9.20 **Home** Animated adventure. (2014, U, 94min) ★★
- 11.00 **Antz** Animated comedy. (1998, PG, 83min) ★★
- 12.30 PM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★
- 2.05 **The Lego Batman Movie** Animation. (2017, U) ★★★★★
- 4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
- 5.35 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★★
- 7.15 **Vacation Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
- 9.00 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★
- 10.40 **The Canterville Ghost** Animation. (2023, PG) ★★
- 12.15 AM **Wonder Woman** Animation. (2009, PG, 74min) ★★
- 1.35 **Curious George** Animation. (2006, U, 87min) ★★★★★
- 3.10 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
- 4.50 to 6.25 AM **Spirit: Stallion of the Cimarron** Animation. (2002, U, 84min) ★★

Sky Cinema Thriller

309 409 509 523

- 6.10 AM **Child 44** As 10.55pm.
- 8.35 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★
- 11.00 **One Day as a Lion** Thriller. (2023, 15, 87min) ★★
- 12.35 PM **Now You See Me** Thriller. (2013, 12, 115min) ★★
- 2.35 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★★
- 4.20 **Some Other Woman** Thriller. (2023, 15, 85min) ★★
- 5.50 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★



10.55 Child 44

- 8.00 **Munich** Steven Spielberg's controversial political thriller starring Eric Bana, Daniel Craig and Geoffrey Rush. A Mossad hit squad gets caught in a spiral of violence when it targets Palestinian terrorists responsible for the massacre of Israeli athletes at the 1972 Munich Olympics. (2005, 15, 164min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.55 **Child 44** Detective thriller starring Tom Hardy and Gary Oldman. (2015, 15, 134min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.25 AM **The Royal Hotel** Thriller starring Julia Garner, Jessica Henwick and Hugo Weaving. (2023, 18, 91min) ★★
- 3.05 **Some Other Woman** (2023)
- 4.40 to 6.30 AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101min) ★★

Movies 24

312 419

- 7.00 AM **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
- 9.00 **Rip in Time** Romantic fantasy. (2022, PG, 84min) ★★
- 11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
- 1.00 PM **Hearts Under the Olive Tree** Comedy. (2023, PG, 89min) ★★
- 3.00 **PREMIERE Sense and Sensibility** Romantic drama. (2024, U, 84min) ★★
- 5.00 **Harmony From the Heart** Romantic comedy with Jessica Lowndes and Jesse Metcalfe. (2022, PG, 87min) ★★
- 7.00 **The Presence of Love** Romantic drama starring Eloise Mumford and Julian Morris. (2022, PG, 84min) ★★
- 9.00 **Junebug** Fantasy drama starring Autumn Reeser. A book editor is inspired to get her life in order when she experiences visions of her eight-year-old self. (2024, PG, 84min) ★★
- 11.00 **Love's Secret Ingredient** Comedy. (2023, PG, 91min) ★★
- 1.00 AM **Marry Go Round** Romantic comedy. (2022, PG, 84min) ★★
- 3.00 to 6.00 AM **What We Do For Love** Comedy. (2023, PG) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00 AM **Pool of London** Thriller. (1950, b/w, PG, 85min) ★★
- 12.45 PM **Earth Vs the Flying Saucers** Sci-fi thriller. (1956, b/w, U, 83min) ★★
- 2.25 **It Came from Beneath the Sea** Thriller. (1954, b/w, U) ★★
- 4.05 **The Quiet Man** John Ford's drama. (1952, U, 129min) ★★
- 6.45 **G.I. Joe: The Rise of Cobra** Adventure with Dennis Quaid. (2009, 12, 113min) ★★



9.00 Father Stu

- G.I. Joe: The Rise of Cobra** (film started at 6.45pm) SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Father Stu** Drama starring Mark Wahlberg and Mel Gibson. An amateur boxer falls for a member of the Catholic Church and decides to become a priest. With Jacki Weaver, Teresa Ruiz and Malcolm McDowell. (2022, 15, 124min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35 **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★★
- 1.40 to 4.00 AM **Heatwave** Thriller starring Kat Graham. (2022, 15, 101min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM **The Lone Wolf Strikes** Thriller starring Warren William. (1940, b/w, PG, 75min) ★★
- 7.20 **Gaolbreak** Crime thriller. (1961, b/w, U, 61min) ★★
- 8.35 **Bond of Fear** Crime thriller. (1956, b/w, PG, 66min) ★
- 9.55 **The Gallant Hours** Biopic. (1960, b/w, U, 115min) ★★
- 12.15 PM **Rawhide** Western. (1950, b/w, PG, 86min) ★★
- 2.00 **Cromwell** Historical epic. (1970, PG, 141min) ★★
- 4.50 **Look at Life**
- 5.00 **The Beverly Hillbillies** (S2)
- 5.30 **Dixon of Dock Green** (S20)
- 6.30 **Out of Town**
- 7.00 **The Footage Detectives**
- 8.00 **Public Eye** 7/13. (S5)
- 9.05 **Fedora** Billy Wilder's thriller with Marthe Keller and William Holden. (1978, PG, 115min) ★★
- 11.20 **Scott of the Antarctic** Adventure drama starring John Mills. (1948, U, 111min) ★★
- 1.30 AM **Panic in Year Zero** Thriller. (1962, b/w, 18, 93min) ★★
- 3.15 **Things to Come** Sci-fi fantasy. (1936, b/w, PG, 113min) ★★★★★
- 5.05 **Night Mail II** Documentary. (1987, PG, 60min) ★★
- 5.30 to 6.00 AM **Dangerous Assignment**

Sky Sports Main Event

- 401 511 501 419 439**
- 6.00 AM Sky Sports News
 - 7.00 Super Bowl LIX Highlights
 - 8.00 Good Morning Sports Fans
 - 9.00 Super Bowl LIX Highlights
 - 10.00 The Football Show
 - 11.00 **LIVE WTA Tennis** Coverage of the second day of the WTA Doha Open, a hard court tournament staged at Khalifa International Tennis and Squash Complex. Iga Swiatek has won this title in each of the last three years, defeating Elena Rybakina in the 2023 final, but a number of other elite players entered this year, including world number one Aryna Sabalenka and recently crowned Australian Open champion Madison Keys.
 - 3.00 PM **LIVE WTA & ATP Tennis** Coverage from the WTA and/or ATP Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
 - 8.30 Sky Sports News
 - 10.30 Back Pages Tonight
 - 11.00 Sky Sports News
 - 11.30 Back Pages Tonight
 - 12.00 M/T Sky Sports News
 - 12.30 AM Back Pages Tonight
 - 1.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

- 402 512 502 420 440**
- 6.00 AM PL Greatest Games
 - 7.00 Premier League Legends
 - 8.00 Premier League Best Goals
 - 9.00 Premier League 100 Club
 - 10.00 PL Retro A match from 1995.
 - 12.00 NOON Gary Neville's Soccerbox With David Ginola. 12.30 PM With Jamie Carragher.
 - 1.00 PM Premier League Years
 - 3.00 PL Retro A replay of Liverpool v Blackburn Rovers from 1995.
 - 5.00 Premier League Best Goals
 - 6.00 Premier League 100: Dion Dublin The striker's career.
 - 6.30 Premier League 100: Darren Bent The forward looks back at his time in the top flight.
 - 7.00 Unpacked Fans' questions.
 - 7.30 My Origin Story: Unai Emery
 - 7.45 My Origin Story: Matthijs De Ligt A look at the rise of the Manchester United defender.
 - 8.00 Gary Neville's Soccerbox
 - 9.00 Chasing the Dream
 - 10.00 Premier League Icons
 - 11.00 Premier League Years
 - 1.00 AM PL Retro Liverpool v Chelsea from the 2013/14 season.
 - 3.00 PL Greatest Games
 - 4.00 Premier League Best Goals
 - 5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

- 403 513 503 421 441**
- 6.00 AM EFL The 2017/18 play-offs.
 - 9.00 EFL Greatest Games
 - 10.00 EFL Cup Retro Aston Villa v Manchester City in the 2020 final.
 - 12.00 NOON EFL Another chance to see Bristol City v Swansea City.
 - 2.00 PM EFL Cup Highlights
 - 3.00 EFL Highlights
 - 6.30 Bundesliga Highlights Show
 - 7.30 EFL Highlights Sunderland v Watford in the Championship.
 - 7.45 Action from West Bromwich Albion v Sheffield Wednesday.
 - 8.00 Norwich City v Derby County in the Championship.
 - 8.15 Sheffield Utd v Portsmouth.
 - 8.30 EFL Highlights Championship.
 - 9.30 EFL Cup Highlights Newcastle United v Arsenal in the semi-final second-leg at St James' Park.
 - 10.00 Action from Liverpool v Tottenham Hotspur in the semi-final second-leg at Anfield.
 - 10.30 Bundesliga Highlights Show
 - 11.30 EFL Greatest Games
 - 12.00 M/T EFL Cup The 2019 final.
 - 2.45 AM EFL Greatest Games
 - 4.00 EFL Cup The 2008 final.
 - 5.00 Best Scottish Premiership Goals 2014/15 Archive action.
 - 5.30 to 6.00 AM Best Scottish Premiership Goals 2021/22

Sky Sports Cricket

- 404 514 504 422 442**
- 6.00 AM WPL Action from 2024.
 - 7.00 ICC Men's T20 World Cup
 - 8.00 ICC Champions Trophy Cricket
 - 10.00 ICC Men's T20 World Cup
 - 11.00 WPL UP Warriorz v Delhi Capitals.
 - 12.00 NOON SA20 Action from the final of the tournament staged at DP World Wanderers Stadium.
 - 1.00 PM WPL Recent action.
 - 3.00 ICC Men's T20 World Cup Highlights from India v Pakistan.
 - 4.00 ICC Champions Trophy Cricket
 - 5.00 ICC Men's T20 World Cup
 - 6.00 ICC Champions Trophy Cricket
 - 7.00 ICC Men's T20 World Cup
 - 8.00 WPL UP Warriorz v Delhi Capitals from 2024 at M Chinnaswamy Stadium in Bengaluru, India.
 - 9.00 ICC Men's World Cup 2023 Highlights from India v Pakistan.
 - 10.30 ICC Men's T20 World Cup West Indies v Afghanistan from Daren Sammy National Cricket Stadium.
 - 11.00 WPL Royal Challengers Bangalore v Gujarat Giants from 2024 at M Chinnaswamy Stadium.
 - 12.00 M/T ICC Men's T20 World Cup
 - 1.00 AM WPL Recent action.
 - 4.00 ICC Men's T20 World Cup
 - 5.00 Best of ICC WT20
 - 5.30 to 6.00 AM Women's ICC World T20 Cricket

Sky Sports Golf

- 405 515 505 423 443**
- 6.00 AM DP World Tour Golf
 - 11.00 PGA Tour Golf Phoenix Open.
 - 4.00 PM Playing Lessons
 - 5.00 Asian Tour Golf Action from the International Series in India.
 - 6.00 HotelPlanner Tour Golf
 - 6.30 DP World Tour Golf
 - 7.00 PGA Tour Golf
 - 8.00 HotelPlanner Tour Golf
 - 8.30 DP World Tour Golf
 - 9.00 PGA Tour Golf Action from four days of the WM Phoenix Open.
 - 10.00 HotelPlanner Tour Golf
 - 10.30 DP World Tour Golf Highlights from the Qatar Masters.
 - 11.00 Asian Tour Golf Action from the International Series in India.
 - 12.00 M/T Chronicles of a Champion Golfer Padraig Harrington.
 - 12.30 AM DP World Tour Golf
 - 1.00 PGA Tour Golf
 - 5.00 to 6.00 AM LPGA Tour Golf

Sky Sports Tennis

- 407 517 520 425 445**
- 6.00 AM WTA Tennis Abu Dhabi Open.
 - 7.00 WTA Tennis Doha Open.
 - 11.00 **LIVE WTA Tennis** Coverage of day two of the WTA Doha Open, a hard court tournament staged at Khalifa International Tennis and Squash Complex in Doha, Qatar.
 - 3.00 PM **LIVE WTA & ATP Tennis** Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
 - 8.30 **LIVE WTA & ATP Tennis** Continued coverage from the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
 - 3.00 AM Bitesize Tennis
 - 3.15 Frances Tiafoe Podcast 2024
 - 3.30 Mirra Andreeva Podcast 2024
 - 3.45 Bitesize Tennis
 - 4.00 to 6.00 AM WTA Tennis

TNT Sports 1

- 410 870 527 408 430**
- 6.00 AM **LIVE Test Cricket Sri Lanka v Australia.** Coverage of the fifth and final day of the second and final Test in the series from Galle International Stadium.
 - 12.30 PM One Day International Cricket India v England.
 - 1.30 The WRC Magazine
 - 2.00 Superbike World Championship
 - 3.00 Champions League Magazine
 - 3.30 UEFA Europa League & Conference League Magazine
 - 4.30 TNT Sports Cricket Reload
 - 5.00 Test Cricket Highlights
 - 6.00 **LIVE Ultimate Pool Group** Six of the Champions League.
 - 9.30 Fight Week UFC 312 review.
 - 10.00 Premier League Stories
 - 10.30 The WRC Magazine
 - 11.00 NBA Action Highlights.
 - 11.30 NBA on Fire The latest news.
 - 12.00 M/T **LIVE NBA Cleveland Cavaliers v Minnesota Timberwolves.** Inter-conference match from Rocket Mortgage FieldHouse. Tip-off 12.00m't.
 - 2.30 AM Test Cricket Highlights
 - 3.30 One Day International Cricket
 - 4.30 Born Racers Ice racing.
 - 5.30 to 6.00 AM PL Legends: David Seaman

TNT Sports 2

- 411 871 528 409 431**
- 6.00 AM Premiership Rugby Cup
 - 7.00 Serie A Action from Italy.
 - 9.00 One Day International Cricket
 - 10.00 Sign Up - Into Football
 - 10.45 Wembley: A Stage for Icons
 - 11.30 UEFA Champions League Magazine News and action.
 - 12.00 NOON UEFA Europa League & Conference League Magazine
 - 1.00 PM Serie A Action from Italy.
 - 3.00 Isuzu UTE A-League Adelaide United v Melbourne City.
 - 4.00 Highlights from Perth Glory v Central Coast Mariners.
 - 5.00 Action from Newcastle Jets v Melbourne Victory.
 - 6.00 Highlights from Sydney FC v Western Sydney Wanderers.
 - 7.00 Macarthur v Western Utd.
 - 8.00 One Day International Cricket
 - 9.00 Fishing: On the Bank
 - 10.00 Sign Up - Into Football
 - 10.45 Test Cricket Highlights
 - 11.45 Born Racers Documentary.
 - 1.00 AM **LIVE NBA Milwaukee Bucks v Golden State Warriors.** Coverage of the inter-conference match from Fiserv Forum. Tip-off 1.00am.
 - 3.30 NBA on Fire The latest news.
 - 4.00 to 6.00 AM NBA Classic

TNT Sports 3

- 417 874 529 410 432**
- 6.00 AM Isuzu UTE A-League
 - 11.00 Spanish Women's Liga F Action from Espanyol v Barcelona.
 - 12.00 NOON Classic Premier League
 - 1.00 PM Fight Night Live A replay of Derek Chisora v Otto Wallin.
 - 3.00 Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.
 - 4.00 Sign Up - Into Football
 - 4.45 UEFA Champions League: Stories of the Finals Arsenal v Barcelona in 2006 and Juventus v Real Madrid 1998.
 - 5.15 UEFA Champions League Magazine News and updates.
 - 5.45 UEFA Europa League & Conference League Magazine
 - 6.45 Fight Night Live A chance to see Derek Chisora v Otto Wallin.
 - 8.45 Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.
 - 9.45 UFC A chance to see Dricus du Plessis v Sean Strickland in the middleweight title bout from Qudos Bank Arena in Sydney.
 - 12.45 AM Fight Week UFC 312 review.
 - 1.15 UFC Fight Flashback Cody Garbrandt v Dominick Cruz.
 - 1.45 UFC Main Event
 - 4.45 TNT Sports Cricket Reload
 - 5.00 to 6.00 AM AS Monaco Centenary

Sky Sports NFL

- 408 517 507 426 446**
- 6.00 AM NFL Highlights
 - 7.00 Super Bowl LIX Highlights
 - 8.00 NFL Highlights
 - 9.00 Super Bowl LIX Highlights
 - 9.15 NFL Bitesize Highlights
 - 10.00 NFL Highlights
 - 12.00 NOON Super Bowl LIX
 - 12.15 PM NFL Bitesize Highlights
 - 12.30 NFL Bitesize Highlights
 - 12.45 Super Bowl LIX Highlights
 - 1.00 Good Morning Football
 - 3.00 Super Bowl LIX Highlights
 - 3.15 NFL Bitesize Highlights
 - 4.00 Super Bowl LIX Highlights
 - 5.00 NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
 - 7.00 Super Bowl LIX Another chance to see Kansas City Chiefs v Philadelphia Eagles at Caesars Superdome in New Orleans.
 - 11.30 NFL Bitesize Highlights Detroit Lions v Washington Commanders in the second Divisional play-off.
 - 11.45 Action from Philadelphia Eagles v Los Angeles Rams in the third Divisional play-off match.
 - 12.00 M/T The Insiders The latest news.
 - 1.00 AM Super Bowl LIX Highlights
 - 2.00 to 6.00 AM NFL Highlights

Sky Sports Mix

- 416 873 510 429 449**
- 6.00 Super League Highlights
 - 7.00 Super Bowl LIX Highlights
 - 8.00 Fight Night International
 - 9.00 ATP Tennis Rotterdam Open.
 - 11.00 WPL UP Warriorz v Delhi Capitals.
 - 12.00 NOON SA20 The final.
 - 1.00 PM ATP Tennis Dallas Open final.
 - 3.00 Super League Highlights
 - 4.00 Playing Lessons
 - 5.00 Nick Dougherty's Tee Time Tips
 - 6.00 Fight Night Azim v Lipinets.
 - 7.00 Fight Night International Naoya Inoue v Ye Joon Kim.
 - 8.00 WTA Tennis Abu Dhabi Open.
 - 9.00 The Singapore Open final.
 - 10.00 Chronicles of a Champion Golfer A profile of Rory McIlroy.
 - 10.30 DP World Tour Golf
 - 11.00 PGA Tour Golf Phoenix Open.
 - 12.00 M/T WTA Tennis A recent final.
 - 1.00 AM ICC U19 Women's World T20 A chance to see the final.
 - 4.15 Best of ICC WT20
 - 5.00 to 6.00 AM PGA Tour Golf

TNT Sports 4

- 421 876 530 411 434**
- 6.00 AM MLB Classic Archive action.
 - 1.00 PM NBA A replay of Milwaukee Bucks v Philadelphia 76ers.
 - 2.30 NBA on Fire The latest news from the world of the NBA.
 - 3.00 NBA Action A round-up of the latest action from the NBA.
 - 3.30 NBA A chance to see Milwaukee Bucks v Philadelphia 76ers.
 - 5.00 NBA Originals A look back at the 1989-92 Portland Trail Blazers.
 - 6.00 NBA A chance to see Milwaukee Bucks v Philadelphia 76ers.
 - 7.30 NBA Action A round-up of the latest action from the NBA.
 - 8.00 NBA on Fire The latest news from the world of the NBA.
 - 8.30 NBA Originals Stephen Curry talks about his shooting form.
 - 9.00 NBA A chance to see Milwaukee Bucks v Philadelphia 76ers.
 - 10.30 MLB Classic The 2012 World Series between San Francisco Giants and Detroit Tigers.
 - 12.00 M/T to 6.00 AM MLB Classic

Eurosport 1

- 413 870 521 412 435**
- 6.00 AM Snooker: German Masters
 - 8.00 Cycling: Women's UAE Tour
 - 9.00 Cycling: Tour of Valencia The fifth and final stage from Alfajar.
 - 10.00 Dakar Rally A race review.
 - 11.00 Snooker: Welsh Open
 - 1.00 PM **LIVE Snooker: Welsh Open** Coverage of the afternoon session on the opening day staged at Venue Cymru in Llandudno, featuring first-round matches.
 - 5.00 Snooker: Welsh Open Action from the afternoon session on day one at Venue Cymru, Llandudno.
 - 7.00 **LIVE Snooker: Welsh Open** Coverage of the evening session on day one staged at Venue Cymru in Llandudno, featuring first and second-round matches.
 - 11.00 Snooker: Welsh Open Action from day one in Llandudno.
 - 1.00 AM Cycling: Women's UAE Tour The fourth and final stage.
 - 2.00 Snooker: Welsh Open
 - 4.00 to 6.00 AM Alpine Skiing

Eurosport 2

- 414 871 522 413 436**
- 6.00 AM Alpine Skiing In Saalbach.
 - 8.00 Snooker: Welsh Open
 - 10.00 Australian Open Tennis
 - 11.00 Cycling: Women's UAE Tour
 - 12.00 NOON Cycling: Tour of Valencia The fifth and final stage from Alfajar to Valencia.
 - 1.00 PM Ski Jumping
 - 3.00 Alpine Skiing The downhill events from Saalbach, Austria.
 - 5.00 Cyclo-Cross The Cyclo-Cross Trophy meeting in Lille, Belgium.
 - 7.00 Alpine Skiing The women's super-G in Saalbach, Austria.
 - 8.00 Highlights from the men's super-G competition in Saalbach.
 - 9.00 Action from the men's downhill event in Saalbach.
 - 10.00 The women's downhill.
 - 11.00 Cycling: Tour of Valencia The fifth and final stage from Alfajar.
 - 12.00 M/T Ski Jumping
 - 2.00 AM Cyclo-Cross In Middelkerke.
 - 4.00 to 6.00 AM Snooker: Welsh Open

Sky Sports+

- 412 518 508 427 447**
- 6.00 AM Sky Sports News
 - 7.00 Good Morning Sports Fans
 - 10.00 The Football Show
 - 11.00 **LIVE WTA Tennis** Coverage of day two of the WTA Doha Open, a hard court tournament staged at Khalifa International Tennis and Squash Complex in Doha, Qatar.
 - 3.00 PM **LIVE WTA & ATP Tennis** Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
 - 8.30 **LIVE WTA & ATP Tennis** Further coverage from the Tours, featuring the ATP Buenos Aires Open and WTA Doha Open.
 - 1.30 AM Back Pages Tonight
 - 2.00 Sky Sports News
 - 2.30 Back Pages Tonight
 - 3.00 Sky Sports News
 - 3.30 Back Pages Tonight
 - 4.00 Sky Sports News
 - 4.30 Back Pages Tonight
 - 5.00 to 6.00 AM Sky Sports News

Sky Sports F1

- 406 516 506 424 444**
- 6.00 AM The Home of F1
 - 12.00 NOON Formula 1 A chance to see the 2024 Bahrain Grand Prix.
 - 4.35 PM Ted's Notebook
 - 5.05 Simon and Jensen's Vegas Hot Lap From the Las Vegas circuit.
 - 5.15 72 Hours with Jack Doohan
 - 5.30 Graham Hill: World Champion
 - 6.00 Formula 1 A chance to see the 2024 Saudi Arabian Grand Prix staged at Jeddah Corniche Circuit.
 - 10.35 Ted and Movie Star Brad Pitt
 - 10.45 Ted Drives: F1 Car
 - 11.00 Formula 1 Highlights from the 2024 Saudi Arabian Grand Prix.
 - 12.00 M/T to 6.00 AM The Home of F1

Factual



Sort Your Life Out with Stacey Solomon

BBC1, 8pm

Stacey and her team are back to help more families clear out their homes.

Football



FA Cup Fourth Round

ITV1, kick-up 8pm

League One's Exeter City welcome Premier League opponents Nottingham Forest to St James Park for this cup tie.

Drama



Waterloo Road

BBC1, 9pm (box set, BBC iPlayer)

New headteacher Dame Stella Drake (Lindsey Coulson) has a job on her hands to turn around the 'murder school'.

Documentary



26.2 to Life: Storyville

BBC4, 10pm

The story behind the marathon race at California's San Quentin Prison, home to murderers and drug offenders.

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon	9.00 Waterloo Road	10.00 News; Local News
102 BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Great British Menu	9.00 David Mitchell's Outsiders	9.45 Live at the Apollo
103 ITV1	7.00 Emmerdale	7.30 Football: The FA Cup - Live: Exeter City v Nottingham Forest (Kick-off 8.00)			10.30 Newsnight
104 CHANNEL 4	7.00 News		8.00 The Fear Clinic: Face Your Phobia	9.00 Top Guns: Inside the RAF	10.20 News; Local News
105 CHANNEL 5	7.00 Alan Titchmarsh's Underdog to...		8.00 Dogs Behaving (Very) Badly	9.00 Ben Fogle: New Lives in the Wild	10.00 Alone USA
106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Global...	9.00 Chernobyl: The Lost Tapes	10.00 The Trial: Soham Murders

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 Glow Up: Britain's Next Make-Up Star	9.00 Body on the Beach: What Happened...	10.00 Normal People
116 BBC4	7.00 The Architecture the Railways Built	8.00 Going Straight	8.30 As Time Goes By	9.00 Princess Margaret: The Rebel Royal
118 ITV2	7.00 Family Fortunes	8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars	10.00 Storyville: 26.2 to Life: Inside the San...
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs	9.00 PopMaster TV	10.05 The Sex Lives of College Girls
135 E4	7.00 Hollyoaks	7.30 Modern Family	9.00 Celebrity Gogglebox	10.00 24 Hours in A&E
107 SKY WITNESS	7.00 Nothing to Declare	8.00 The Simpsons	9.00 The Cleaning Lady	10.05 Gogglebox
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones	9.00 The Mussolini: Son of the Century	10.00 FBI: Most Wanted
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder the Third
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 The Office
119 ITV3	6.55 Heartbeat	8.00 Vera		10.40 Good...
120 ITV4	6.55 The Motorbike Show	8.00 Monster Carp	9.00 Giant Lobster Hunters	10.00 Have I Got a Bit More News for You
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Scream 4	10.00 Endeavour
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 Film: The Taking of Pelham 123
113 SKY MAX	7.00 Stargate SG-1	8.00 An Idiot Abroad	9.00 From	10.00 The Walking Dead
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Death in Paradise	10.00 Father Brown
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Brunelleschi's Impossible Dome		10.00 Lily and Lolly: The Forgotten Years...
132 U&W	7.00 Property Brothers: Family Flashback	8.00 Inside the Ambulance	9.00 Manhunting with My Mum	10.00 At Home with Katherine Ryan

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Gold Rush	10.00 Harpoon Hunters
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Flying Wild Alaska	9.00 Pit Bulls & Parolees: Tia's Tales	10.00 Alaskan Bush People
129 NAT GEO	7.00 Air Crash Investigation	8.00 WW2: Hell Under the Sea	9.00 Hitler's Last Stand	10.00 Nazi Megastructures
123 SKY HISTORY	7.00 Forged in Fire	8.00 The Great British Dig: History in Your...	9.00 The Proof Is Out There	10.00 Prison Chronicles
155 U&YESTERDAY	7.00 Guy Martin's Great British Power Trip	8.00 Robson's Extreme Fishing Challenge	9.00 Bangers & Cash	10.00 Bangers & Cash: Restoring Classics
121 SKY DOCS	6.55 Branson	8.00 Super/Man: The Christopher Reeve Story		10.00 Boyzone: No Matter What

FILMS - Sky Cinema

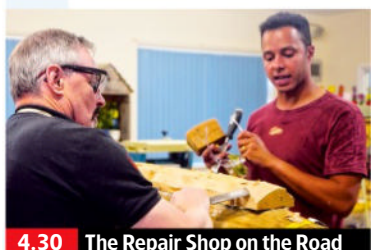
301 PREMIERE	6.00 Bad Boys: Ride or Die	8.00 The Bikeriders	10.00 Furiosa: A Mad Max Saga
302 VALENTINE	6.15 The Breakfast Club	8.00 The Holiday	10.20 My Big Fat Greek...
303 HITS	5.45 Ferrari	8.00 Captain Phillips	10.20 Charlie Wilson's War
304 GREATS	6.20 Airplane II - The Sequel	8.00 Shirley Valentine	9.50 Sixteen Candles
305 ANIMATION	5.40 Spider-Man: Across the Spider-Verse	8.15 Storks	10.00 Spirit: Stallion of the Cimarron
306 FAMILY	5.45 Twins	7.35 Pan	9.40 Robo-Dog
307 STUNTS	6.00 John Wick	8.00 John Wick: Chapter 2	10.05 Blade
308 COMEDY	6.30 Disaster Movie	8.00 Strays	9.40 Kangaroo Jack
309 THRILLER	5.50 Jack Reacher: Never Go Back	8.00 Ocean's Eleven	10.10 Detroit
310 DRAMA	5.40 Catch Me If You Can	8.00 Jarhead	10.10 Calvary
311 SCI-FI	6.25 Ouija	8.00 World War Z	10.05 Haunting of the Queen Mary
313 FILM4	6.50 My Cousin Rachel	9.00 The Black Phone	

SPORT

401 MAIN EVENT	12.30 Tennis - Live	7.30 EFL - Live: Norwich City v Preston North End (Kick-off 8.00)	10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special		10.30 PL Icons
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Norwich City v Preston North End (Kick-off 8.00)	10.30 EFL Cup...
404 CRICKET	6.00 Quest...	7.30 ICC Men's T20...	8.00 WPL
410 TNT SPORTS 1	7.00 UEFA Champions League - Live: Coverage of a knockout phase play-off first-leg match	9.00 ICC Champions Trophy Cricket	10.00 ICC Men's T20 World Cup
411 TNT SPORTS 2	5.30 UEFA Champions League - Live: Coverage of two knockout phase play-off first-leg matches		10.00 PL Stories
			10.30 Fight Night

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Cumbria. (S)(AD)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** An underwear solution. (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country **New edition** The Jurassic Coast. (S)
3.45 Antiques Road Trip **New edition** From Scotland's west coast. (S)
4.30 The Repair Shop on the Road **New edition** In Swindon. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



4.30 The Repair Shop on the Road

- 7.00** The One Show
Alex Jones and Clara Amfo host the topical show. (S)
7.30 EastEnders
Sonia seeks answers, Martin is warmed by a reminder of his past, and Ian enjoys having the upper hand. (S)(AD)
8.00 **NEW SERIES** Sort Your Life Out with Stacey Solomon
1/7. Stacey and a team of experts help the Appleyards declutter their three-bedroom home and let go of half of their belongings to pave the way for a reorganised home. (S)(AD)
9.00 **NEW SERIES** Waterloo Road
1/8. Return of the drama. New headteacher Dame Stella Drake cracks down on school rules, and Donte faces his first hurdle as a trainee teacher. See *feature, page 11*. (S15) (S)(AD)
■ Entire series on BBC iPlayer
10.00 BBC News (S)
10.30 Local News (S)
10.40 Boarders
3/6. Carol is determined for her school showcase to go well, but Jaheim is in London trying to find his brother. Meanwhile, Toby wants to impress Abby by landing a big act for the Spring Ball. (S2) (S)(R)(AD)
11.30 Boarders 4/6. The Raisinettes threaten Omar if he doesn't deliver secrets soon, and Jaheim is determined to win over the school board. (S2) (S)(R)(AD)
12.15 AM The Traitors US 4/12. A murder sends shockwaves, casting suspicion on two Faithfuls. (S)(R)
1.20 Weather for the Week Ahead
Seven-day forecast. (S)
1.25 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Winterwatch (S)(R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific 3/6. The marine wildlife of the region. (S)(R)(AD)
4.15 All Roads Lead Home (S)(R)(AD)
5.15 Flog It! Paul Martin presents from Newby Hall, North Yorkshire. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot. (S)
6.30 Robson Green's Weekend Escapes **New edition** 2/15. Robson is joined by boxer Nicola Adams in North Yorkshire. (S)(AD)

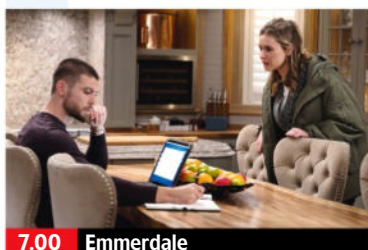


9.00 David Mitchell's Outsiders

- 7.00** Villages by the Sea
Ben Robinson discovers how Devonshire Beer stone was used for the Tower of London. (S)(R)
7.30 Nadiya's Fast Flavours
6/6. Nadiya creates dishes for special occasions, including a romantic dinner. (S)(R)(AD)
8.00 Great British Menu **New edition** Four chefs from Scotland cook canapes, starters and fish dishes that celebrate the great Britons of the past. With judge Michelin-starred chef Akhtar Islam. (S)
■ Continues tomorrow
9.00 David Mitchell's Outsiders
2/6. Maisie Adam, Fatiha El-Ghorri, Darren Harriott, Jessica Hynes, Phil Wang and Joe Wilkinson must put their music skills to the test by composing a fanfare. (S)(R)(AD)
9.45 Live at the Apollo
Zoe Lyons introduces fellow comedians Ria Lina and Tom Ward to the stage at London's Hammersmith Apollo. (S)(R)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Murder Trial: Girl in the River
2/2. The fate of the three defendants in the murder case of 14-year-old Caroline Glachan hangs in the balance. (S)(R)(AD)
12.05 AM Sign Zone: Dragons' Den 5/14.
A dog-loving duo present their plant-based pet food. (S)(R)(AD)
1.05 Sign Zone: This Farming Life
2/12. In Fife, heavy rain causes a huge chasm to open up. (S)(R)
2.05 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson hosts from Barry in south Wales, where a Ken Dodd tickling stick creates plenty of fun in the den, and Jan Keyne puts down big money for gold. (S)(R)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Taylor takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



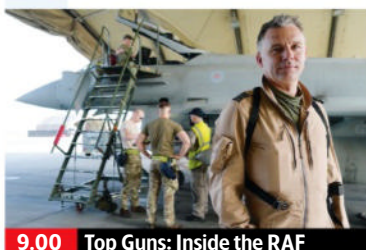
7.00 Emmerdale

- 7.00** Emmerdale
Someone robs Noah, Dawn is feeling relieved, while Joe is enraged. (S)(AD)
7.30 **LIVE** Football: The FA Cup
Exeter City v Nottingham Forest: Mark Pougatch presents all the action from the fourth-round tie at St James Park. League One side Exeter reached this stage for the first time in 44 years by winning 3-1 here against Championship outfit Oxford United in the previous round. However, they now face an even tougher test against Forest, who are enjoying an excellent Premier League campaign and won 2-0 at home to Luton Town in round three. With analysis from Ian Wright and Roy Keane, reports by Katie Shanahan, and commentary from Seb Hutchinson and Ally McCoist. Kick-off is at 8.00. (S)
10.20 ITV News (S)
10.50 Local News (S)
11.05 Keane & Vieira: Best of Enemies
A look back at the rivalry between Roy Keane and Patrick Vieira during their time at Manchester United and Arsenal respectively, when they strived for dominance in a golden period for the clubs. (S)(R)
12.10 AM Teleshopping
3.00 Lingo Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 25-27/28. (S11) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier (S6) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA Catch-up edition. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** Mother Nature causes havoc in Portugal. (S)
5.00 Four in a Bed **New edition** The second visit of the week is to the Nest Hotel in Hampshire. (S)
5.30 Come Dine with Me **New edition** Musician and teacher Steve hosts the second night in Plymouth. (S)
6.00 A Place in the Sun **New edition** Lucy Alexander helps a couple in Poitou-Charentes, France. (S)



9.00 Top Guns: Inside the RAF

- 7.00** News (S)
8.00 The Fear Clinic: Face Your Phobia **New edition** 4/6. Zara comes in to treat her phobia of birds, Gary wants help with his fear of frogs, and Lisa hopes the team can treat her emetophobia – a fear of vomit. (S)(AD)
9.00 Top Guns: Inside the RAF **New edition** 2/6. On top-secret orders, a Reaper spy drone controlled from RAF Waddington hunts down ISIS terrorists in Iraq. (S)(AD)
■ Entire series on C4 Online
10.00 Alone USA **New edition** 2/11. The survivalists race to explore their surroundings as hunger begins to set in and while some manage to find resources, the others face the emotional and physical toll of their actions. (S)
■ Entire series on C4 Online
11.25 8 Out of 10 Cats Does Countdown: Best Bits (S)(R)
12.25 AM Ramsay's Kitchen Nightmares USA (S)(SL)(R)
1.15 The Last Leg (S)(SL)(R)
2.05 The Great Pottery Throw Down 6/10. Lamp bases. (S)(SL)(R)(AD)
3.10 Can Elon Musk Rule the World? Documentary. (S)(SL)(R)(AD)
4.05 Location, Location, Location (R)
4.55 Frasier 22&23/24. (S2) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S9) (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM In Love with Murder
 Thriller with Alicia Leigh Willis.
 (S) (2023, 12, 105min) ★★
4.00 Bargain-Loving Brits in the Sun **New edition** Married couple Adrian and Debbie play matchmaker with a pair of prized toucans. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life Rob and Dave Nicholson plan a day of fossil hunting, while Christa Ackroyd visits Halifax to find out more about Anne Lister. (S)(R)
6.55 News (S)



7.00 Underdog to Superdog

- 7.00 Alan Titchmarsh's Underdog to Superdog**
New edition 2/4. James and Cathryn's Samoyed, Yuki, who has lost an eye to glaucoma, tests her potential as a therapy dog. (S)
7.55 News (S)
8.00 Dogs Behaving (Very) Badly
New edition Graeme Hall helps a seemingly immovable 60-kilo mountain dog whose obstinance leads to traffic jams when he sits himself in the middle of the road. (S)
9.00 Ben Fogle: New Lives in the Wild
New edition Ben ventures to the desert surrounding one of the USA's most unique towns - Roswell. Here, he meets Karen, a 70-year-old former sports journalist. (S)
10.00 The Trial: Soham Murders
 Documentary examining the 2003 trial of Ian Huntley, who was charged with the murders of 10-year-old schoolgirls Holly Wells and Jessica Chapman. (S)(R)
11.30 Killer at the Crime Scene
 A university lecturer is found stabbed to death. (S)(R)
12.30 AM Car Pound Cops (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Michael Ball's Wonderful Wales From Llandeilo. (S)(R)
3.50 Rich House, Poor House (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: New Orleans (S7) (S)(R)
4.00 MacGyver 13/15. (S5) (S)(R)
5.00 The Simpsons *You Won't Believe What This Ep's About - Act 3 Will Shock You!* Homer is accused of leaving Santa's Little Helper in a hot car. (S)(R)
5.30 Lisa's Belly: Lisa feels insecure about her weight. (S)(R)
6.00 The Office (US) 19/26. Michael plans to propose to Holly. (S)(R)
6.30 20/26. Michael introduces the staff to their new manager. With Will Ferrell. (S7) (S)(R)



9.00 Chernobyl: The Lost Tapes

- 7.00 The Simpsons**
Bart the Cool Kid: Bart makes friends with a child who is a famous influencer. (S)(R)
7.30 Pretty Whittle Liars:
 Cletus discovers that his wife Brandine has been hiding a secret love of learning. (S)(R)
8.00 David Attenborough's Global Adventure: Home Planet
 Further footage of David's global wildlife adventures, from the depths of the Great Barrier Reef to the ancient rainforests of Borneo. (S)(R)
9.00 Chernobyl: The Lost Tapes
 Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion. (S)(R)(AD)
11.00 From 9/10. The town residents learn that one of their own has gone missing. (S)(R)
12.10 AM 10/10. Boyd is pushed to his limit. (S3) (S)(R)
1.20 Brassic 6/6. Vinnie has to find a thief who stole antiques from McCann. (S1) (S)(R)(AD)
2.15 Road Wars (S)(R)
3.10 NCIS: New Orleans (S7) (S)(R)
4.05 MacGyver 13/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
12.15am Scotcast (S)(R)
12.45 The Traitors US (S) (R) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
10.40pm NEW Out of the Silence (S) **11.40** Boarders (S)(R)(AD) **12.30am** The Traitors US (S)(R) **1.40-6.00am** BBC News (S)

WALES

Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES

Sky 968, Freesat 968
10.00am LIVE Snooker: The Welsh Open (S)
4.35pm First Minister's Questions (S) **5.30-6.00** Villages by the Sea (S)(R)
7.00-8.00 LIVE Snooker: The Welsh Open (S) **11.05** Snooker: The Welsh Open (S) **11.50pm-12.05am** Planet Earth: A Monkey's Tale (S)(R)

ITV1

As main ITV1 except:

WALES

11.05pm Sharp End (S)
12.00m-12.10am Vanished Wales **New edition** (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Sain Ffagan **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Yn y Ffram **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Rhondda **6.30** Sgorio **6.57** Newyddion **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **New episode** (AD) **8.25** Rownd a Rownd **New episode** (AD) **8.55** Newyddion a'r Tywydd **9.00** Ty Ffit **New edition** **10.00** Gwladfa: Gwilym Bowen Rhys **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite
New issue
on sale
today

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** The hosts attempt to find the perfect car for 17-year-olds.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 2/8. The nine remaining artists create looks for Sephora's 'Express all of you' campaign.
9.00 Body on the Beach: What Happened to Annie?
 3/4. Hazel Martin considers the theory that Annie Björjesson took her own life.
9.30 4/4. Hazel accesses a fresh source of information.
10.00 Normal People 1/12. Adaptation of Sally Rooney's novel, starring Paul Mescal and Daisy Edgar-Jones.
10.30 2/12. Connell and Marianne sleep together for the first time. (S1)
11.00 Man Like Mobeen
11.50 Top Gear As 7.00pm.
12.50 AM Glow Up: Britain's...
1.50 Sky High Club: Scotland and Beyond
2.20 My Mate's a Bad Date
2.40 Body on the Beach...
3.10 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Handmade Treasures** Two main courses.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY In western France, Donna and Paul renovate two derelict rooms.
5.50 Car S.O.S Tim Shaw and Fuzz Townshend rescue a 1989 Peugeot 205 GTi.
6.55 The duo look for a war veteran's old car in France.
7.55 Grand Designs Ecologist Fred and communications manager Saffron start building work on their new family home in a village in the Peak District.
9.00 PopMaster TV
New edition Ken Bruce hosts the fifth heat of Britain's toughest music quiz, testing contestants from across the UK who are all hoping to book their spot in the Grand Final.
10.00 24 Hours in A&E
 An 86-year-old man is rushed to St Georges after a suspected stroke.
11.05 A 74-year-old man is brought in with signs of a possible brain injury.
12.10 AM PopMaster TV
1.15 24 Hours in A&E
3.25 to 3.55 AM Supermarkets Unwrapped: The Freezer Aisle

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Tim Dunn follows his family's roots by exploring Metroland.
7.45 The Flying Gardener
 How trees can be used to create stunning vistas.
8.00 Going Straight Fletch meets a teenage runaway.
8.30 As Time Goes By
 Jean receives an invitation.
9.00 Princess Margaret: The Rebel Royal 1/2. A profile of Queen Elizabeth II's sister.
10.00 NEW Storyville: 26.2 to Life: Inside the San Quentin Prison Marathon
 Documentary following three men, who have been sentenced to life in prison for murder, as they undertake running a marathon.
11.30 Into the Ice
12.55 AM The Flying Gardener
1.10 Archaeology: A Secret History Documentary.
2.05 Timewatch: The Empire State Story
2.55 to 3.55 AM Princess Margaret: The Rebel Royal

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks One resident struggles with his emotions.
7.30 Modern Family 18/18. The last-ever episode of the US comedy series. (S11)
8.00 The Simpsons *Walking Big & Tall:* Bart and Lisa try to find a new town anthem.
8.30 My Fare Lady: Marge joins an online taxi service.
9.00 Celebrity Gogglebox
 Famous faces appraise *Celebrity SAS: Who Dares Wins* and *Changing Rooms*.
10.05 Gogglebox Opinions on *Squid Game: The Challenge* and *The Couple Next Door*.
11.05 First Dates
12.10 AM Naked Attraction's Best Naughty Bits
1.10 Celebrity Gogglebox
2.15 Gogglebox
3.10 Teen First Dates
4.05 The Simpsons
4.30 Brooklyn Nine-Nine
5.25 to 6.00 AM Modern Family

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: Canada's Front Line Double bill.
11.00 The Good Doctor 4/18. (S1)
12.00 NOON FBI 6/13. (S6)
1.00 PM FBI: International (S3)
2.00 FBI: Most Wanted 6/13. The Task Force hunt down an active shooter on a local college campus. (S5)
3.00 Stop, Search, Seize
4.00 Nothing to Declare



9.00 The Cleaning Lady

Sky Atlantic

108/109 808 342 357

- 6.00 AM Urban Secrets
8.00 The Sopranos 19&20/21. (S6)
10.05 Billions 5&6/12. (S5)
12.20 PM Game of Thrones (S3)
1.25 Big Love 3&4/12. (S2)
3.35 The Sopranos 19/21. Tony fail to reach an agreement over the asbestos.
4.35 20/21. An innocent family is shot dead. (S6)
5.40 Billions 5/12. Chuck plots against Axe with the help of some old associates.
6.50 6/12. Chuck wages war on a new front. (S5)

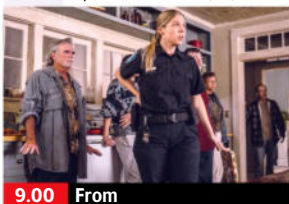


5.40 Billions

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 10&11/22. (S6)
8.00 The Flash 4/18. (S7)
9.00 Stargate SG-1 13&14/22. (S1)
11.00 Manifest 8/13. (S3)
12.00 NOON The Flash 5/18. (S7)
1.00 PM S.W.A.T. 13&12/22. (S6)
3.00 NCIS: New Orleans (S7)
4.00 MacGyver 13/15. Angus discovers he is losing the ability to control his hands. (S5)
5.00 Manifest 7/13. Saanvi proves her worth through a scientific breakthrough. (S3)
6.00 Stargate SG-1 13/22. Jackson is presumed dead. (S1)



9.00 From

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.50 Secret Crush Double bill.
11.55 Dinner Date
12.55 PM Supermarket Sweep
2.00 Family Fortunes
3.00 Charmed 12/22. Zankou kidnaps Brody. (S7)
4.00 Gilmore Girls 11/22. Rory gets personal with William. (S4)
4.55 Dinner Date Joe from Brighton is given five menus.
6.00 Celebrity Catchphrase With David James, Chelcee Grimes and Marvin Humes.



10.05 The Sex Lives of College...

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 A Touch of Frost
10.35 The Royal Price of Progress.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse The Dead of Jericho: The detective meets his new sergeant and sets about investigating a suicide.
5.55 Heartbeat Coming of Age: Nicholson joins Bellamy in pursuit of two armed and dangerous criminals.



8.00 Vera

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI No One Left Behind: 11/13. Taliban members are found dead with no record of them ever entering the country. (S6)

9 PM

- 9.00 The Cleaning Lady Kabayan: 4/10. Thony takes Luca's treatment into her own hands. (S1)

10 PM

- 10.00 FBI: Most Wanted Sport of Kings: 8/22. The team investigate after a prized racehorse and its groom are taken hostage. (S3)
11.00 The Rookie 1/14. (S3)
12.00 MT Law & Order: Organized Crime 1/22. (S2)
1.00 AM The Good Doctor (S1)
2.00 NEW SERIES The Equalizer
3.00 FBI: International 6/13. (S3)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones The Bear and the Maiden Fair: 7/10. Tywin counsels the king, Daenerys exchanges gifts with a slave lord, and Melisandre reveals a secret to Gendry. (S3)

- 9.00 Mussolini: Son of the Century New episode 2/8. Industrialists seek Mussolini's help against strikes. Subtitled. (S1)
Entire series on Box Sets

- 10.15 The Wire Middle Ground: 11/12. Cutty finds a means of funding his boxing gym. (S3)

- 11.25 Riviera 5/8. Alex learns Gabriel and Georgina are on the run.
12.30 AM 6/8. Victor has one last chance to persuade the city to vote for him. (S3)
1.35 Game of Thrones As 7.55pm.
2.40 Gomorrah 4/10. (S5)
3.45 to 6.00 AM The Guest Wing

+1 hour 208/209

- 7.00 Stargate SG-1 Hathor: 14/22. A Goa'uld casts a deadly spell over the men on the Stargate base. (S1)

- 8.00 An Idiot Abroad 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

- 9.00 From New episode Revelations - Chapter One: 9/10. Tensions rise as the town residents learn that one of their own has gone missing.

- 10.10 Series finale Revelations - Chapter Two: 10/10. Boyd is pushed to his limit as time begins to run out. (S3)
Entire series on Box Sets

- 11.25 A League of Their Own With England star Ollie Watkins.
12.25 AM Road Wars
1.00 Brassic 6/6. (S1)
2.00 Road Wars
3.00 NCIS: New Orleans (S7)
4.00 MacGyver 13/15. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Family Fortunes Gino D'Acampo welcomes the Davies family from The Wirral, who take on the Russell family of Oxford.

- 8.00 Gordon Ramsay's Food Stars USA The teams deliver food and drinks to a charity gala for St Jude Children's Hospital.

- 9.00 Love Island: All Stars New edition The islanders are making the most of every minute in the villa as they face yet more twists.

- 10.05 The Sex Lives of College Girls New episodes 3/10. The girls meet their new roommate Kacey.
10.40 4/10. Kacey signs up for both online dating and an audition. (S3)

- 11.20 Family Guy (S1&21)
12.20 AM American Dad! (S1)
1.20 Bob's Burgers (S9&11)
2.15 The Stand Up Sketch Show
2.45 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat Love Hurts: Sergeant Merton is suspended following allegations of theft made by a woman he was dating.

- 8.00 Vera Prodigal Son: A crime of passion is suspected when a former policeman is stabbed to death, but Vera uncovers a more complex case involving the hostile takeover of a brewery. Guest stars Ralph Ineson and Jill Halfpenny.

- 10.00 Endeavour Sway: Morse hunts a multiple murderer who is strangling married women across Oxford.

- 12.00 M.T. Trial & Retribution 2/2. Pat is forced to deal with a persistent complainer who has been hounding the station and becomes concerned when he starts stalking her. Guest stars Richard E Grant. (S3)
2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106

REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 Designing the Hebrides Transforming a dated cafe and bookshop on Skye.
8.00 This Farming Life New edition 4/12. Rain wreaks havoc as Jo and Andy's lambs become casualties to the weather.
9.00 Murder Trial: Body in the Warehouse New edition The death of 60-year-old army veteran Ean Coutts.
10.00 The Hunt for Bible John 1/2. An exploration of one of Scotland's most notorious unsolved cases.
11.00 Scotcast New edition Topical discussion.
11.30 PM to 12.00 M.T. Dinosaur 3/6. Nina is looking forward to her date with Lee, until Evie drops a bombshell. (S1)

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Mr Mayor (S2)
9.00 The Conners (S4)
10.00 Silicon Valley 7/7. (S6)
11.00 Sort Of 1/8. (S2)
11.30 High Maintenance (S3)
12.35 PM Entourage (S7)
1.45 Silicon Valley 7/7. (S6)
2.45 Sort Of 1/8. (S2)
3.15 High Maintenance (S3)
4.25 Wellington Paranormal
5.00 Mr Mayor 4&5/10. (S2)
6.00 The Office (US) (S7)
7.00 The Conners (S4)
8.00 Mr Mayor 7&8/10. (S1)
9.00 SNL5: Beyond Saturday Night New edition 2/4. A look at the journey of creating comedy sketches.
10.10 The Tonight Show Starring Jimmy Fallon New edition Chat show.
11.10 In the Long Run (S2)
12.10 AM Romantic Getaway
1.10 The Righteous Gemstones (S1)
2.50 High Maintenance (S3)
3.50 to 5.00 AM Flatbush Misdemeanors

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Cirque du Soleil
8.00 The Joy of Painting
9.00 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Portrait Artist of the Year 2020
1.00 PM Tales of the...
2.00 Landscape Artist of the Year From Bristol.
3.00 Discovering
4.00 From the Vaults
5.00 Portrait Artist 2020
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 Brunelleschi's Impossible Dome
10.00 Lily and Lolly: The Forgotten Yeats Sisters
11.30 Cleo Laine: The Unseen Home Movies
12.30 AM Ella Fitzgerald: Live at Montreux
2.00 Landscape Artist of the Year New edition
3.00 The Art of Australia
4.15 David Harewood's F Word Documentary.
5.10 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Monkey Life
10.00 Stop, Search, Seize
11.00 Highway Patrol
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Monkey Life
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 1/26. (S7)
5.00 Stargate Atlantis (S1)
6.00 Star Trek: Deep Space Nine 21/26. (S7)
7.00 Star Trek: Voyager (S4)
8.00 Hawaii Five-0 (S7)
9.00 FBI: Most Wanted (S3)
10.00 FBI: International (S1)
11.00 Britain's Most Evil Killers A profile of Stephen Seddon, who murdered his parents.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Law & Disorder Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Backyard Builds New edition DIY series.
8.10 Olivia Meets Her Match
9.10 Judi's Culinary Cruise
10.10 Making It Home
11.10 The Real Housewives of Beverly Hills
12.05 PM Olivia Meets Her...
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Beverly Hills
5.00 The Real Housewives of New Jersey New edition
6.00 Making It Home
7.00 Judi's Culinary Cruise
8.00 Dinner Date
9.00 The Real Housewives of Orange County New edition Reality show.
10.00 The Real Housewives Ultimate Girls' Trip
11.05 Botched Medical series.
12.00 MT Only Way Is Essex
1.00 to 1.30 AM Backyard...

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 1/22. (S3)
11.00 Sue Thomas: F.B. Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 6/8. (S3)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 12-15/22. Four episodes. (S10)
9.00 Randall and Hopkirk (Deceased) But What a Sweet Little Room: 13/26. A phoney medium is rumbled. (S1)
10.00 The Avengers Escape in Time: 3/25. An irrational scientist invents a time machine. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S10)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

- 120 118 26 117**
- 6.00 AM Minder
 - 7.05 The Professionals
 - 8.10 The Casebook of Sherlock Holmes Murder mystery.
 - 9.20 Magnum, PI
 - 10.20 Kojak
 - 11.25 BattleBots
 - 12.30 PM The Casebook of Sherlock Holmes Mystery.
 - 1.35 Magnum, PI
 - 2.40 Kojak
 - 3.45 Minder
 - 4.55 BattleBots **New edition**
 - 5.55 Beat the Chasers



9.00 Giant Lobster Hunters

- 6.55 **The Motorbike Show** Henry Cole takes a wild ride through Gran Canaria, and pays a visit to the Morgan factory.
- 8.00 **Monster Carp** The team travel to Spain and head off the beaten track to visit Lake Orellana.
- 9.00 **Giant Lobster Hunters** **New edition** The real-life dramas of six lobster boat captains over rock lobster hunting season.
- 10.00 **FILM The Taking of Pelham 123** Action thriller remake starring Denzel Washington. Four gunmen hijack a crowded New York subway train, leading to a battle of wits. (2009, 15, 105min) ★★ ★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.10 AM Ligue 1 Highlights
- 12.40 On the Road
- 1.40 Minder
- 2.35 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

4seven

- 137/138 143 49 127**
- 9.00 AM Four in a Bed
 - 9.30 Sun, Sea and Selling Houses Double bill.
 - 11.30 A Place in the Sun
 - 2.30 PM Come Dine with Me
 - 5.00 A Place in the Sun
 - 6.00 **Location, Location, Location** Two couples search for new homes in the south east.
 - 7.00 Grand Designs
 - 8.00 George Clarke's Building Home
 - 9.00 **FILM London Has Fallen** Action thriller starring Gerard Butler and Aaron Eckhart. (2016, 15, 99min) ★★ ★
 - 11.05 **FILM Transformers: Dark of the Moon** Sci-fi adventure sequel with Shia LaBeouf and Rosie Huntington-Whiteley. (2011, 12, 154min) ★★ ★
 - 1.55 AM Top Guns: Inside the RAF 2/6. Documentary.
 - 3.00 All Aboard! Scotland's Poshest Train
 - 4.00 to 5.00 AM Jamie's £1 Wonders

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Sci-Fi

- 139/140 836 122 348 363**
- 6.00 AM Most Haunted
 - 8.00 Teleshopping
 - 11.00 Star Trek: The Next Generation 18/26. (S3)
 - 12.00 NOON Star Trek: Voyager
 - 1.00 PM Star Trek: Deep Space Nine 7/26. (S6)
 - 2.00 Warehouse 13 1/13. (S3)
 - 3.00 Stargate SG-1 20/20. (S8)
 - 4.00 Star Trek: Voyager (S2)
 - 5.00 Star Trek: Deep Space Nine
 - 6.00 Star Trek: The Next Generation 18/26. Picard is replaced by a doppelgänger while he's in prison. (S3)



8.00 Stargate SG-1

- 7.00 **Warehouse 13** *The New Guy*: 1/13. Two people loosely linked to the same hotel are killed. (S3)
- 8.00 **Stargate SG-1** *Moebius - Part Two*: 20/20. The team try to undo the time shift created by the actions of the original crew. (S8)
- 9.00 **Grimm** *The Good Shepherd*: 5/22. A preacher asks for Nick's help when his church is robbed. (S2)
- 10.00 **The Walking Dead** *Made to Suffer*: 8/16. Rick, Daryl and Michonne infiltrate Woodbury to rescue Glenn and Maggie. (S3)
- 11.00 **SurrealEstate** 1&2/10. (S2)
- 1.00 AM **FILM 6-Headed Shark Attack** Thriller sequel starring Brandon Aurret. Attendees of a marriage boot camp on a remote island have to fight a six-headed shark that attacks the beach. (2018, 15, 86min) ★
- 3.00 Room 104 7&8/12. (S4)
- 4.00 to 6.00 AM Most Haunted

+1 hr 241/269 320/362 130

U&Alibi

- 109/110 809 114 343 358**
- 7.15 AM Murdoch Mysteries (S9)
 - 9.00 Father Brown
 - 10.00 The Doctor Blake Mysteries
 - 11.00 Hudson & Rex 12/16. (S3)
 - 12.00 NOON The Mentalist (S4)
 - 1.00 PM Death in Paradise (S5)
 - 2.00 Murdoch Mysteries (S9)
 - 4.00 The Doctor Blake Mysteries 3/10. Danny is directing traffic when a driver narrowly avoids him before crashing. (S1)
 - 5.00 Hudson & Rex 12/16. Charlie and Rex investigate a murder at a prestigious dog show. (S3)
 - 6.00 Father Brown As 10.00pm.



10.00 Father Brown

- 7.00 **The Mentalist** *Cheap Burgundy*: 17/24. The team suspect a billionaire of murdering a Shakespeare enthusiast. (S4)
- 8.00 **White Collar** *Wanted*: 1/16. Peter must locate Neal on a tropical island before an FBI-sanctioned bounty hunter does. (S4)
- 9.00 **Death in Paradise** *The Complex Murder*: 1/8. A millionaire environmentalist is shot dead on his boat. (S5)
- 10.00 **Father Brown** *The Island of Dreams*: A visit to Chummy's holiday camp leads to another murder mystery. With Ted Robbins.
- 11.00 The Mentalist As 7.00pm.
- 12.00 MT White Collar As 8.00pm.
- 1.00 AM **CSI: Vegas** 1/10. (S3)
- 1.55 **So Help Me Todd** 12/21. Todd and Margaret come to the aid of the governor's sister. (S1)
- 2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

- 110/111 810 124 344 359**
- 7.30 AM Highlights
 - 9.20 The Green Green Grass
 - 10.00 Are You Being Served?
 - 10.40 Porridge
 - 11.20 Last of the Summer Wine
 - 12.40 PM The Green Green Grass
 - 1.20 The Good Life
 - 2.00 Dad's Army
 - 2.40 Porridge
 - 3.20 Are You Being Served?
 - 4.00 Last of the Summer Wine
 - 5.20 The Green Green Grass
 - 6.00 Are You Being Served?
 - 6.40 Dad's Army



8.40 The Thin Blue Line

- 7.20 **Dad's Army** Captain Mainwaring and his platoon encounter a steam engine problem.
- 8.00 **The Good Life** Tom and Barbara's visits to evening classes prove productive.
- 8.40 **The Thin Blue Line** A plumbing crisis hits the station, and Grim launches a crackdown on drugs.
- 9.20 **Blackadder the Third** Edmund falls foul of an enraged Dr Johnson.
- 10.00 **The Office** David's ego gets a boost when he is headhunted by a public speaking agency.
- 10.40 **The Good Life** As 8pm.
- 11.20 The Thin Blue Line
- 12.00 MT Blackadder the Third
- 12.40 AM The Office As 10.00pm.
- 1.20 **Toast of London** Steven wins a part in a new play - but there are two problems.
- 1.55 **The Real McCoy**
- 2.35 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

- 111/112 811 127 19 157**
- 7.10 AM Rick Stein's Far Eastern Odyssey From Bangladesh.
 - 8.00 Cop Car Workshop
 - 10.00 Robson's Extreme Fishing Challenge Double bill.
 - 12.00 NOON American Pickers: Best Of Double bill.
 - 2.00 PM How Britain Worked
 - 3.00 Top Gear Double bill.
 - 5.00 **Hairy Bikers' Best of British** Ways of preserving food.
 - 6.00 **Rick Stein's Long Weekends** The chef heads to Vienna, the city that once ran the Austro-Hungarian Empire.



11.00 Taskmaster

- 7.00 **Would I Lie to You?** With Katherine Parkinson, David O'Doherty, Louie Spence and Bill Turnbull.
- 7.40 **Richard Osman's House of Games** With Thanyia Moore and Kaye Adams.
- 8.20 With Ruby Bhogal, Ed Byrne, Ingrid Oliver and Matthew Pinsent.
- 9.00 **QI XL** Guests Bill Bailey, Jan Ravens and Grayson Perry join regular panellist Alan Davies and host Sandi Toksvig.
- 10.00 **Have I Got a Bit More News for You** Bill Bailey chairs the satirical quiz, with guests Helen Lewis and Daliso Chaponda.
- 11.00 **Taskmaster** Jon Richardson creates a music video.
- 12.00 **MT Mock the Week** With Angela Barnes, Ed Byrne, Larry Dean and Ed Gamble.
- 12.40 **AM Would I Lie to You?**
- 2.00 **Hate Thy Neighbour**
- 2.45 to 4.00 AM Hypothetical

+1 hour 211/212 327 74

5STAR

- 128/129 126 32 131**
- 8.00 AM 22 Kids & Counting
 - 9.00 Bargain-Loving Brits in the Sun Documentary.
 - 10.00 **Nightmare Tenants**, Slum Landlords
 - 11.00 **Traffic Cops** Triple bill.
 - 2.00 PM **Police Interceptors**
 - 5.00 **Car Pound Cops**
 - 6.00 **Home and Away**
 - 7.00 **GP's: Behind Closed Doors** Medical series.
 - 8.00 **Casualty** 24/7: Every Second Counts A cyclist is rushed into hospital after a head-on collision.
 - 9.00 **999: Emergency Call Out** A traffic warden is physically assaulted.
 - 10.00 **999: Critical Condition**
 - 11.00 **Skin A&E** Documentary.
 - 12.00 **MT GP's: Behind Closed Doors** Medical series.
 - 1.00 AM **A&E After Dark**
 - 2.00 **Casualty** 24/7: Every Second Counts
 - 2.50 **Police Interceptors**
 - 3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

- 150 130 33 132**
- 9.00 AM Outback Truckers
 - 10.00 Traffic Cops
 - 11.00 Police Interceptors
 - 12.05 PM **The Gambler III: The Legend Continues** Western starring Kenny Rogers and Linda Gray.
 - 4.00 **Outback Truckers**
 - 5.00 **Traffic Cops**
 - 6.00 **Police Interceptors**
 - 9.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson stops a car thought to be linked to organised crime.
 - 10.00 **Broadmoor: For the Criminally Insane**
 - 11.00 **999: Criminals Caught on Camera**
 - 12.05 AM **Shooter** **New episode** 12/13. Atlas pivots to a new plan.
 - 1.00 **Series finale** 13/13. Bob Lee attempts to put an end to Atlas once and for all. (S3)
 - 1.55 **Trucking Hell**
 - 3.50 to 4.00 AM Entertainment News

+1 hour 232/233 325

U&W

- 132/133 827 125 25 156**
- 6.10 AM Inside the Ambulance
 - 7.00 My Dream Home
 - 8.00 Tipping Point
 - 11.00 **DIY SOS: The Big Build**
 - 1.00 PM Tipping Point
 - 4.00 My Dream Home
 - 6.00 **DIY SOS: The Big Build**
 - 7.00 **Property Brothers: Family Flashback**
 - 8.00 **Inside the Ambulance** Paramedics help a man with abdominal pain.
 - 9.00 **Manhunting with My Mum** TV presenter AJ Odudu tries to find herself a husband - with help from her mum.
 - 10.00 **At Home with Katherine Ryan** The comedian embarks on a 10-month stand-up tour.
 - 11.00 **Red Flag** Documentary.
 - 12.00 MT Louis Theroux's Forbidden America
 - 1.00 AM **Celebrity MasterChef Australia**
 - 2.10 to 3.00 AM Date Night

+1 hour 232/233 325

7 PM

8 PM

9 PM

10 PM

TUESDAY Entertainment

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Wales.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Long Lost Family
The story of a woman searching for her Sri Lankan birth mother.
10.00 Alex Polizzi: The Fixer
Alex is called to a faltering fancy-dress business in Essex.
11.30 Hotel Inspector: You're Fired
Alex tackles two hotels at the same time.
12.30 AM Ghost Bait
1.00 Help! My House Is Haunted
Pennies begin randomly appearing in a couple's home.
2.00 Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Double bill.
1.00 PM LIVE Snooker: Welsh Open
Coverage of the afternoon session on day two from Venue Cymru in Llandudno.
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch
9.00 The Snake Catcher
New editions Julia and her husband John deal with a snake hiding in the doorway of a house.
10.00 Julia helps a customer deal with a python in their garden.
11.00 Aussie Gold Hunters
12.00 MT Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
People search for their ideal rural retreats.
9.00 Windy City Rehab
New edition A couple on a tight budget look to Alison Victoria to take on their Chicago penthouse.
10.00 100 Day Dream Home
New edition Brian and Mika Kleinschmidt help a hairstylist renovate her mother's home.
11.00 Home Town
12.00 MT Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze
Game show hosted by Richard O'Brien.
6.00 Through the Keyhole
Double bill of editions.
7.00 Tenable Warwick Davis
hosts as five friends from Brighton face questions about top 10 lists.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 MT Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable Quiz show.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM Adam Richman Eats Football
6.30 Adam Richman Eats Britain From Scone.
7.00 The Pioneer Woman
9.00 Nigella Bites
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes: Another Helping Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 Nigella Bites
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes: Another Helping Double bill.
10.00 James Martin's French Adventure
11.00 Diners, Drive-Ins and Dives New editions
12.00 MT Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughters: Busby Quints
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 My 600lb Life: Where Are They Now? An update on Karina Garcia and Tamy Lyn Murrell.
10.00 My Feet Are Killing Me
11.00 Sex Sent Me to the ER
12.00 MT Monsters Inside Me
1.00 AM Extreme Couponing
2.00 My Feet Are Killing Me
3.00 Sex Sent Me to the ER
4.00 to 6.00 AM My 600lb Life: Where Are They Now?

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM War Machines
9.10 FILM Depth Charge
Thriller with Eric Roberts. (2008, 12, 90min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM FILM Cowboy
Western drama. (1958, PG, 90min) ★★★
3.00 FILM Robbers' Roost
Western adventure. (1955, U, 83min) ★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 FILM Vertical Limit
Adventure thriller with Chris O'Donnell. (2000, 12, 124min) ★★★
11.35 FILM Escape Plan 3
Action thriller sequel. (2019, 15, 97min) ★
1.35 AM FILM Ape vs Monster
Adventure. (2021, 12, 88min) ★★
3.30 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 21/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 15/22. (S3)
11.00 FILM Alien
Convergence Thriller. (2017, 15, 87min) ★★
1.00 PM FILM Coward of the County
Drama. (1981, PG, 104min) ★★
3.00 FILM The Outlaw
Western drama. (1943, b/w, U, 126min) ★★★
5.00 Star Trek 20/30. (S1)
6.00 T.J. Hooker 16/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 FILM Righteous Kill
Crime thriller. (2008, 15, 97min) ★★
11.00 FILM Butterfly on a Wheel
Crime thriller. (2007, 15, 95min) ★
12.55 AM FILM Convoy
Action comedy. (1978, 12, 110min) ★★
3.05 to 5.00 AM FILM The Scars of Dracula
Horror. (1970, 18, 96min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 48/6/24. (S1)
1.00 PM Friends (S3&4)
8.00 Friends 9/24. Monica gets an opportunity that is too good to turn down.
8.30 10/24. Ross starts a long-distance relationship. (S4)
9.00 FILM Scream 4
Horror sequel with Courtney Cox and Neve Campbell. (2011, 15, 110min) ★★
11.00 Comedy Central Live
12.10 AM Kevin Bridges: A Whole Different Story
1.10 Beavis and Butt-Head
2.10 Reno 911! (S2&3)
3.05 Key & Peele
3.25 Rosie Jones Tries to Help Kerry Godliman.
3.35 The Daily Show
New edition Talk show.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM FILM Famous and Fatal
Crime thriller. (2019, 12, 87min) ★★
10.55 FILM Watching Over You
Suspense thriller. (2018, PG, 90min) ★★
1.00 PM FILM The Ex Next Door
Crime thriller. (2019, PG, 90min) ★★
3.00 FILM Dying for a Baby
Thriller. (2019, 12) ★★
5.00 FILM Garage Sale Mysteries: Pandora Box Murders
Drama. (2018, PG, 90min) ★★
7.00 Perception Double bill.
9.00 FILM I Am Number Four
Teen sci-fi thriller. (2011, 12, 105min) ★★
11.20 FILM Cell
Sci-fi thriller. (2014, 15, 95min) ★★
1.25 AM FILM Enemy Within
Suspense thriller. (2007, 15, 96min) ★★
3.30 Air Rescue
4.00 to 6.00 AM FILM Dangerous Company
Thriller. (2015, PG) ★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM FILM Biggles: Adventure in Time
8.00 FILM End of the World
Thriller. (2018, PG) ★★
10.00 Farscape 19/22. (S1)
11.00 FILM Arctic Apocalypse
Action disaster movie. (2019, PG, 90min) ★
1.00 PM FILM Wild Horses
Western. (1985, PG) ★★
3.00 Farscape 19/22. (S1)
4.00 Star Trek 28/30. (S1)
5.00 FILM Biggles: Adventure in Time
Time-travel adventure. (1986, PG, 108min) ★★
7.00 Farscape 20/22. (S1)
8.00 Star Trek 29/30. (S1)
9.00 FILM Extreme Prejudice
Action thriller. (1987, 18, 104min) ★★
11.05 FILM The Black Torment
Horror chiller. (1964, 15, 85min) ★★
1.00 to 3.00 AM FILM Assault on Precinct 13
Cult action thriller. (1976, 15, 90min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 10&11/22. (S1)
11.00 Friends (S4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 10&11/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing
9.00 Whose Line Is It Anyway? USA
With guest Jeff Bryan Davis.
9.30 Jonathan Mangum.
Friends 18-23/25. (S3)
1.00 AM The Ren & Stimpy Show 7&8/12. (S2)
2.00 Key & Peele
3.00 Guessable?
3.45 Jack Dee Live at the Apollo
Stand-up show.
4.30 Al Murray: Beautiful British
Tour at The O2
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM FILM Harvest Moon
Drama. (2015, PG) ★★
10.10 FILM A Vineyard
Romance Drama. (2021, PG, 86min) ★★
12.10 PM FILM Love on Harbor Island
Drama. (2020, PG, 80min) ★★
2.00 FILM Love and Sunshine
Drama. (2019, PG, 100min) ★★
3.55 FILM This Little Love
of Mine (2021, U) ★★
6.05 FILM Sand Dollar Cove
Drama. (2021, PG) ★★
8.00 FILM Sealed with a Kiss
Romantic drama. (2015, PG, 85min) ★★
9.55 FILM Love at the Shore
Romantic comedy. (2017, PG, 84min) ★★
11.50 FILM Law of Attraction
Romantic comedy. (2020, PG, 84min) ★★
1.50 AM Highway to Heaven
3.00 to 5.00 AM FILM Tell Me I Love You
Comedy. (2020, PG, 78min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Disclosure Files
11.10 Strange Evidence
12.10 PM What on Earth? Mysteries from Above
1.05 Pawn Stars
2.05 Storage Wars: Texas
3.05 Ancient Aliens: The Ultimate Evidence
6.00 Alien Disclosure Files
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 A Cut Above
10.00 Blown Away
11.00 Court Cam Double bill.
12.00 MT Swamp People: Serpent Invasion
1.00 AM Alien Disclosure Files
Documentary.
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens: The Ultimate...

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM The Real A&E
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 The Flash 14/18. (S7)
7.00 MacGyver Specimen 234 & PAPP & Outbreak: 9/22. A vial containing a deadly virus is stolen.
8.00 Matty & Ethan & Fidelity: 10/22. Matty reveals a secret. (S3)
9.00 The Force: Manchester
11.00 Sick Note 7&8/8. (S2)
12.00 MT Road Wars
1.00 AM The Russell Howard Hour
2.00 A League of Their Own
3.00 Duck Quacks Don't Echo
Lee Mack hosts.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.00 That's My Dog
8.30 Huckleberry Finn
9.00 Sherlock Holmes
10.00 Time After Time (S1)
10.30 Watching 5/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie (S1)
12.00 NOON Shine on Harvey Moon 8/9. (S3)
1.00 PM The Zoo Gang (S1)
2.00 The Prisoner 3/17. (S1)
3.00 Whicker's World
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 5/7. (S6)
6.00 I Dream of Jeannie (S1)
6.30 Thriller 2/8. (S2)
7.50 Mysterious Tales
8.00 The Prisoner 3/17. (S1)
9.00 Police Woman (S1)
10.00 Game On 3/6. (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 2/8. (S2)
1.00 AM Shine on Harvey...
2.00 Whicker's World
3.00 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Cumbria: The Lakes & the Coast
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet: At Home with the Greens
Double bill.
3.00 Murder, She Wrote
4.00 Columbo
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Nazi Megastructures: Russia's War
The story of the Battle of Kursk.
10.00 Buried Secrets of WWII
Experts uncover the truth behind Hitler's most advanced weapon
11.00 Prisoner: Cell Block H
1.00 AM Bargain-Loving Brits in the Sun
3.00 Cumbria: The Lakes & the Coast
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom OG
9.00 Teen Mom 2
11.00 Catfish: The TV Show
7.00 PM Teen Mom: The Next Chapter
8.00 Help! I'm in a Secret Relationship!
Zack won't propose to Chelsea until he knows why she's hiding him.
9.00 Badass Brides
A wedding with an Africa-meets-India theme.
10.00 Georgie Shore
New edition Boozy trash-talk leads to Abbie and Chantelle beefing.
11.00 Ink Master
12.00 MT Ridiculousness
New edition Rob, Steelo and Karrueche Tran regret driving with 'Crash Test Kids'.
12.30 AM Ridiculousness
1.00 Ink Master Double bill.
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Cries

Discovery

125/126 823 177 320 325

- 6.00 AM How Do They Do It?
7.00 Building Off the Grid
9.00 Kindig Customs
11.00 Wheeler Dealers
1.00 PM Alaska: Homestead Rescue Documentary.
3.00 The Last Woodsmen It's all hands on deck to save a sinking float camp and cash out.
4.00 Gold Divers The miners elevate their operations.
5.00 Deadliest Catch Captain Sig looks north to Russia.
6.00 Wheeler Dealers Mike gambles on a Ford P100.



9.00 Gold Rush

Animal Planet

162/175 178

- 8.00 AM Animal Cribbs
9.00 Crikey! It's the Irwins
10.00 Bad Dog! Documentary.
11.00 Alaska: Homestead Rescue
12.00 NOON Animal Cribbs
1.00 PM Crikey! It's the Irwins
2.00 Guardians of Rescue
3.00 Animal Cops Houston
4.00 Dogs 101 Travel companions.
5.00 Alaska: Homestead Rescue The Raney's help a family struggling to survive in their home made of tyre bales.
6.00 Animal Cribbs Antonio creates an epic snake habitat.



10.00 Alaskan Bush People

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory USA
9.00 Air Crash Investigation: Special Report
10.00 WW2: Hell Under the Sea
11.00 Airport Security: Colombia
12.00 NOON Car S.O.S
1.00 PM Colossal Machines
2.00 Air Crash Investigation
3.00 America's Last Slave Ship: Drain the Oceans
4.00 Bloody Tales of the Tower
5.00 Car S.O.S Tim and Fuzz work on a 1972 Renault Alpine A110.
6.00 Nazi Megastructures The battle to control Guadalcanal.



9.00 Hitler's Last Stand

Sky History

123/124 821 131 353 368

- 6.00 AM American Pickers
6.50 The Great British Dig: History in Your Back Garden
7.45 Flipping Bangers
8.45 Forged in Fire
9.35 Storage Wars
12.00 NOON Mountain Men
1.00 PM Flipping Bangers
2.00 Combat Ships
4.00 Digging for Britain
5.00 Pawn Stars Memoirs from a member of Bonnie and Clyde's gang are appraised.
5.30 A set of British armour.
6.00 American Pickers



8.00 The Great British Dig

U&Yesterday

155 846 129 27 159

- 6.10 AM Antiques Roadshow
8.00 Abandoned Engineering
10.00 Secret Nazi Bases
11.00 Nazi Hunters
12.00 NOON Joanna Lumley's Japan Exploring Nagasaki.
1.00 PM Antiques Roadshow
2.00 Bangers & Cash Double bill.
4.00 Secret Nazi Bases
5.00 Nazi Hunters Focusing on the assassination of Reinhard Heydrich.
6.00 Antiques Roadshow The team visit the Black Country Living Museum in Dudley.



8.00 Extreme Fishing Challenge

7.00 Salvage Hunters Drew Pritchard hunts for hidden treasures at a 400-year-old school in Cambridgeshire.

8.00 Kindig Customs A loyal client wants Dave to build a 1974 Bronco with new fender flares, engine and custom chassis.

9.00 Gold Rush **New edition** Parker makes a purchase that shocks the team, and Tony clamps down on his son Mike's operation.

10.00 Harpoon Hunters **New edition** Captain Joe takes his sons to sea aboard the *Redrum*.

11.00 Expedition Unknown Josh braves Puerto Rico's choppy seas to find a missing plane.

12.00 M'T Street Outlaws: Locals Only Motoring series.
AM Gold Rush As 9.00pm.

1.00 AM Harpoon Hunters
2.00 Iron Resurrection
3.00 to 5.00 AM Moonshiners

+1 hour 225/226 377

7.00 Crikey! It's the Irwins Moving day arrives for Acco, the zoo's biggest crocodile, but his mate Cassie goes into hiding.

8.00 Flying Wild Alaska Luke flies dangerous chemicals to a remote village, and winter claims its first victim in Unalakleet.

9.00 Pit Bulls & Parolees: Tia's Tales Tia, Tania and Mariah recall some of their biggest successes and losses.

10.00 Alaskan Bush People A major diagnosis leaves the Brown clan shaken, and forces everyone to re-evaluate their goals.

11.00 Lair of the Killer Crocs Attempts to move dangerous crocodiles in Australia.

12.00 M'T Monster Croc Invasion Deaths caused by crocodiles.

1.00 AM Alaskan Bush People
2.00 Dogs 101 Travel companions.
3.00 Alaska: Homestead Rescue
4.00 to 5.00 AM Animal Cribbs

+1 hour 262/275 378

7.00 Air Crash Investigation After a Boeing 727's near-fatal nosedive over Michigan, investigators risk their own lives.

8.00 WW2: Hell Under the Sea While a US hunter-killer group stalk a U-boat, a destroyer rams the German submarine.

9.00 Hitler's Last Stand How future Hollywood star Audie Murphy sent his company back during an enemy counter-attack.

10.00 Nazi Megastructures Exploring an aircraft factory, a torpedo test facility and the world's most advanced jet bomber.

11.00 Air Crash Investigation The Habsheim airshow disaster.
12.00 M'T A Java Sea crash.

1.00 AM To Catch a Smuggler
2.00 Abandoned A marble factory.
2.30 Money Meltdown
3.20 Food Factory Double bill.
4.10 to 5.00 AM Prairie Dog Dynasty

+1 hour 229/230 383

7.00 Forged in Fire The finalists recreate the North African Kabyle flyssa, a blade used to break mail armour.

8.00 The Great British Dig: History in Your Back Garden Searching for the remains of a Norman castle in a Liverpool.

9.00 The Proof Is Out There **New edition** Tony Harris breaks down the most compelling evidence of UFO revelations.

10.00 Prison Chronicles **New editions** The Tower of London's unique history.
10.30 A look into the Soviet Gulag system.

11.00 The Proof Is Out There: Alien Edition **New edition**

12.00 M'T The Lost Women Spies **New edition** Documentary.
1.05 AM Pawn Stars
2.00 The Curse of Oak Island
3.00 The Great British Dig: History in Your Back Garden
4.00 to 6.00 AM Storage Wars

+1 hour 223/224 331

7.00 Guy Martin's Great British Power Trip Guy visits the most important place in the entire national grid.

8.00 Robson's Extreme Fishing Challenge Actor Robson Green pits himself against expert anglers, beginning in Brazil.

9.00 Bangers & Cash Jack has drawn the short straw again as he attempts to shift a couple of 1930s Austin Sevens.

10.00 Bangers & Cash: Restoring Classics The team invest in a piece of French art – a 1971 Citroën DS21 Pallas.

11.00 Abandoned Engineering Exploring a British fort that became a zoo, a brutalist school for Communist top brass and a lost world hides secrets of a vanished people.

12.00 M'T Joanna Lumley's Japan to 3.00 AM Secrets of the London Underground
1.00

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Chasing Classic Cars
8.00 American Pickers
9.00 Aussie Gold Hunters
11.00 The Repair Shop
1.00 PM Salvage Hunters
3.00 Shed and Buried
4.00 Find It, Fix It, Flog It
6.00 The Repair Shop
8.00 Wheeler Dealers Mike and Elvis try to make an Audi RS6 estate car faster than a sports car.
9.00 Richard Hammond's Workshop **New edition** Neil, Richard and the Cogs are under huge pressure to finish Monty's Rolls Royce.
10.00 The Repair Shop A shattered jewellery box and a toy flying saucer are restored.
11.00 Wheeler Dealers
1.00 AM Chasing Classic Cars
3.00 Find It, Fix It, Flog It
4.00 to 6.00 AM How It's Made

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: Bridesmaids
7.00 Say Yes to the Dress
8.00 Curvy Brides Boutique
9.00 Say Yes to the Dress: Atlanta Double bill.
10.00 FBI Files Double bill.
12.00 NOON Betrayed
1.00 PM On the Case
2.00 Murder on CCTV
3.00 Judge Rinder's Crime Stories
4.00 American Monster
6.00 People Magazine Investigates
7.00 10 Steps to Murder
8.00 Murder on CCTV
10.00 Body Cam **New edition** Police hunt for two bank robbers who will do anything to avoid capture.
11.00 The Murder Tapes
12.00 M'T Faking It: Tears of a Crime Double bill.
2.00 AM Murder Comes to Town Melissa White.
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy
1.00 PM Judge Judy
7.00 Cold Cases Reopened In 1990, Sharon Gill was discovered murdered in her new home.
8.00 Killers: Caught on Camera In the US, a killer leaves a trail in blood and phone data.
9.00 Forensic Factor **New edition** A series of fires rip through California's San Joaquin Valley, killing four.
10.00 Murder UK **Series finale** Scottish entrepreneur Nat Fraser's odd behaviour raises suspicion when his wife Arlene vanishes.
11.00 Evidence of Evil
12.00 M'T 48 Hours
1.00 AM Forensic Factor
2.00 Murder UK
3.00 Medical Detectives
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours
11.00 Medical Detectives
2.00 PM 48 Hours
4.00 Medical Detectives Two women are found murdered and police think a serial killer is on the loose.
4.30 A young woman's body is discovered on a golf course.
5.00 A missing horse rider's body was found.
5.30 Police enlist the help of a sniffer dog and a blood spatter expert to track down a killer.
6.00 When a man is murdered in his own garage, investigators turn their attention to his wife.
6.30 Investigators soon discover three murders are linked to one killer.
7.00 Judge Judy Real-life small-claims cases.
12.05 AM Judge Judy
4.45 to 6.00 AM Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Highway Cops
7.00 Send in the Dogs
8.00 Stop, Search, Seize
9.00 Nothing to Declare
10.00 Brit Cops: Law & Disorder Documentary.
11.00 Catching the Killer
12.00 NOON The Killer Within
1.00 PM Killer in My Village
2.00 Murders That Shocked the Nation
3.00 Most Evil Killers
5.00 Catching the Killer
6.00 Killing Mum and Dad
7.00 Most Evil Killers
9.00 World's Most Evil Killers **New edition**
10.00 Made for Murder
11.00 Catching the Killer
12.00 M'T World's Most Evil...
1.00 AM Murders That Shocked the Nation
2.00 The Real Manhunter
3.00 Made for Murder
4.00 UK Border Force
5.00 to 6.00 AM Motorway Patrol

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of...
8.40 Wrecks That...
9.35 Fly with Me
10.45 The Rise and Fall of the Rust Belt
11.55 Afghanistan: The Wounded Land
1.00 PM Grand Tours of Scotland Documentary.
1.40 Wrecks That Changed the World
2.35 Fly with Me
3.50 The Rise and Fall...
4.55 Afghanistan: The Wounded Land
6.00 Wrecks That Changed the World
7.00 Grand Tours of Scotland
7.40 Fly with Me
8.50 The Rise and Fall of the Rust Belt **Series finale**
9.55 Afghanistan: The Wounded Land
11.00 Wrecks That Changed the World
12.00 M'T The Rise and Fall of the Rust Belt
1.10 to 2.00 AM Grand Tours of Scotland

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Richard Gere
8.00 The Directors
9.00 The Nineties
9.55 Branson 2/4. Documentary.
11.00 Saviour Complex
12.00 NOON Donyale Luna: Supermodel Documentary.
1.50 PM My Icon: Kadeen Corbin
2.00 Steve McQueen: The Lost Movie Documentary.
3.50 My Icon: Leon Pryce
4.00 The Directors
5.00 Discovering: Richard Gere
6.00 The Nineties
6.55 Branson 2/4. Documentary.
8.00 Super/Man: The Christopher Reeve Story A profile of the Superman actor.
10.00 Boyzone: No Matter What
11.00 Hitsville: The Making of Motown The history of the Motown record label.
1.10 AM Mr Dynamite: The Rise of James Brown
3.30 Striking with Pride: United at the Coalface
5.00 to 6.00 AM Discovering: Richard Gere

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Levi Bellfield.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder? New edition True crime.
9.00 #Findgabby
10.00 A Perfect Scam New edition
11.00 Homicide Hunter
12.00 MT Buried in the Backyard
1.00 AM An Hour to Kill
2.00 A Perfect Scam
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Inside the Ambulance at Christmas Four editions.
1.00 PM Inside the Ambulance at Christmas Four editions.
5.00 The Bill Digging Up the Past: CID investigates the discovery of human remains at a building site.
5.30 Taken Into Consideration: Carver and Dashwood investigate a spate of burglaries.
6.00 Getting It Right: Burnside is given the wrong information by Ramsey ahead of a raid.
6.30 A Reflection of Glory: Ramsey and Haynes apprehend a shoplifter who claims that she is innocent.
7.00 Pointless Double bill.
9.00 Campion Death of a Ghost - Part One: 7/8. A murder interrupts Albert's holiday.
10.10 Death of a Ghost - Part Two: 8/8. A murderer strikes at an art gallery. (S1)
11.25 The Bill Four episodes.
1.25 AM Pointless Double bill.
3.20 Campion 7&8/8. (S1)
5.20 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 Wild Workers
10.00 Zambia Untamed
11.00 Wildlife ER
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 Wild Workers
4.00 Zambia Untamed
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 David Attenborough's Global Adventure: Home Planet Further footage of David's global wildlife adventures.
9.00 Planet Weird
10.00 Land of Primates
11.00 New Kids in the Wild
12.00 MT Wildlife ER
1.00 AM Rooted
2.00 David Attenborough's Global Adventure: Home Planet
3.00 Planet Weird As 9.00pm.
4.00 Great Parks of Africa
5.00 to 6.00 AM Wild Workers

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Rare Cat Skills
3.00 Diary of a Teen Leopard
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Keepers try to find out why a Muntjac deer is suffering from seizures.
8.00 Japan's Wild Year Documentary exploring the diverse wildlife of Japan.
9.00 World's Weirdest The stories of humans who have survived animal attacks.
10.00 Surprising encounters with animal pranksters.
11.00 Ice Road Rescue
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Evil Stepmothers
9.00 I Am Homicide
11.00 A Crime to Remember
1.00 PM I Almost Got Away with It
3.00 Still a Mystery
5.00 The Perfect Murder
7.00 Unravalled: Countdown to a Kill The case of businessman and rising political star Agustin Garcia, who murdered his ex-girlfriend, Gladys Ricart.
8.00 The murder of orthodontist David Lynn Harris by his wife Clara, who ran her husband over in a hotel car park over an affair he was having.
9.00 Evil Lives Here Andrea believes that Ray is the man of her dreams.
10.00 The story of Sheila Janutolo, who suffered at the hands of her husband Jim Cruz's violent temper.
11.00 Married to Evil
12.00 MT Evil Kin
2.00 AM The Perfect Murder
4.00 to 6.00 AM Unravalled: Countdown to a Kill
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Colosseum
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files The supposed UFO crash in Shag Harbour, Nova Scotia in October 1967.
8.00 Hitler's British Island 1/2. Nazi control of the Channel Island of Alderney.
9.00 Spycraft How some ingenious minds have managed to crack impenetrable codes.
10.00 History's Greatest Mysteries The mystery of Machu Picchu.
11.00 Secrets in the Sand
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Did the Mob Kill JFK?
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska UFOs circle a large, egg-shaped mother ship floating high above Anchorage.
8.00 Did the Mob Kill JFK? Examining evidence that suggests the Mafia ordered the assassination of President John F Kennedy in 1963.
9.00 Combat Dealers After four years of careful restoration, Bruce races to get his Panther tank ready to ship to Australia.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

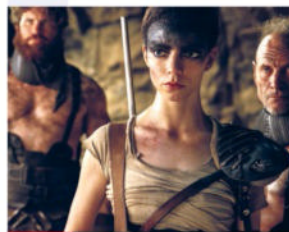
- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindy Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! As Formula 1 grows in popularity and value, more people want a slice.
9.00 Kindy Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.10 AM Sky Cinema Preview
7.40 Fox and Hare Save the Forest
9.00 Parachute Comedy drama. (2023, 15, 108min) ★★★★★
10.55 Timestalker Fantasy comedy. (2024, 15, 89min) ★★★★★
12.40 PM The Bikeriders As 8pm.
2.50 Fox and Hare Save the Forest Animation. (2024, U, 71min)
4.10 Turn Me On As 4.05am.
6.00 Bad Boys: Ride or Die Action comedy adventure sequel. (2024, 15, 115min) ★★★★★



10.00 Furiiosa: A Mad Max Saga

- 8.00 The Bikeriders Drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. With Michael Shannon and Mike Faist. (2023, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 Furiiosa: A Mad Max Saga Fantasy prequel with Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM I Saw the TV Glow Horror starring Justice Smith. (2024, 15, 100min) ★★
2.25 Kill Thriller, starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★
4.05 to 6.05 AM Turn Me On Fantasy starring Bel Powley. (2024, 15, 99min) ★★

Sky Cinema Drama

310 410 510 524

- 6.25 AM Sky Cinema Preview
6.45 The Cinema List: Rom Com
7.05 You Can Live Forever (2022)
8.50 Carmen Musical with Melissa Barrera. (2022, 15, 116min) ★★★★★
10.50 The Blind Side Fact-based drama. (2009, 12, 129min) ★★★★★
1.00 PM Lee Biographical drama. (2023, 15, 117min) ★★★★★
3.00 There Will Be Blood Epic drama. (2007, 15, 158min) ★★★★★
5.40 Catch Me If You Can Steven Spielberg's crime adventure. (2002, 12, 141min) ★★★★★
8.00 Jarhead Military drama starring Jake Gyllenhaal. During the first Gulf War, a platoon of US Marines try to come to terms with stress and boredom while waiting to see action in Iraq. (2005, 15, 123min) ★★★★★
10.10 Calvary Darkly comic drama starring Brendan Gleeson, Chris O'Dowd and Kelly Reilly. (2014, 15, 99min) ★★★★★
12.00 MT Mother! Offbeat thriller. (2017, 18, 121min) ★★★★★
2.05 AM Aporia Sci-fi drama. (2023, 15, 104min) ★★★★★
3.55 Boy Meets Boy Romantic drama. (2021, 15, 75min) ★★★★★
5.15 to 6.55 AM You Can Live Forever Drama. (2022, 15) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM Zombie Town As 4.15am.
7.50 The Secret Kingdom (2023)
9.35 The Nun II Horror sequel. (2023, 15, 110min) ★★
11.35 A Quiet Place: Day One Horror. (2024, 15) ★★★★★
1.30 PM Dungeons & Dragons: Honour Among Thieves Adventure. (2023, 12) ★★★★★
3.55 The Spiderwick Chronicles Fantasy. (2008, PG) ★★★★★
5.45 Ferrari Biographical drama. (2023, 15, 130min) ★★★★★



8.00 Captain Phillips

- 8.00 Captain Phillips Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.20 Charlie Wilson's War Fact-based satirical political comedy with Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10 AM Bad Boys Action comedy thriller starring Will Smith. (1995, 15, 118min) ★★
2.15 The Secret Kingdom Fantasy. (2023, PG, 98min) ★
4.00 The Cinema List: British Sky Originals
4.15 to 6.05 AM Zombie Town Horror comedy starring Dan Aykroyd. (2023, 12, 92min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.10 AM Annabelle Horror thriller spin-off. (2014, 15, 97min) ★★
8.55 Gothika Horror chiller. (2003, 15, 98min) ★★
10.40 Resident Evil Sci-fi thriller. (2002, 15, 100min) ★★
12.30 PM Ready Player One Steven Spielberg's sci-fi adventure. (2018, 12, 140min) ★★★★★
2.55 Thir13en Ghosts Horror chiller. (2001, 15, 91min) ★★
4.35 Insidious: Chapter 2 Supernatural thriller sequel. (2013, 15, 103min) ★★
6.25 Ouija Horror starring Olivia Cooke. (2014, 15, 87min) ★★
8.00 World War Z Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. (2013, 15, 116min) ★★★★★
10.05 Haunting of the Queen Mary Horror starring Alice Eve and Joel Fry. (2023, 18, 125min) ★★
12.20 AM Ouija: Origin of Evil Horror prequel. (2016, 15, 99min) ★★
2.05 Ex Machina Sci-fi drama. (2014, 15, 104min) ★★★★★
3.55 Dashcam Horror thriller. (2021, 18, 80min) ★★
5.25 to 7.05 AM Monolith Thriller. (2022, 15, 90min) ★★

Sky Cinema Family

306 406 506 520

- 7.05** AM **Robo-Dog** As 9.40pm.
8.45 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
10.15 **Shazam! Fury of the Gods** Adventure. (2023, 12) ★★
12.30 PM **The Flintstones** Comedy. (1994, U, 93min) ★★
2.15 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
4.00 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★
5.45 **Twins** Action comedy. (1988, PG, 107min) ★★



5.45 Twins

7.35 **Pan** Fantasy prequel to *Peter Pan*, starring Levi Miller and Hugh Jackman. An orphan is transported to a magical land and goes in search of the truth about his mother. (2015, PG, 111 min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Robo-Dog** Family sci-fi adventure starring Michael Campion, Patrick Muldoon and Olivia d'Abo. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Ride On** Chinese action drama starring Jackie Chan and Liu Haocun. Subtitled. (2023, PG, 126min) ★★
1.35 AM **Twins** As 5.45pm.
3.30 **Zathura: A Space Adventure**
5.15 to **6.40** AM **Hot Dog Derby** Family comedy starring Jason London. (2013, U, 82min) ★★

Sky Cinema Valentine

302 402 502 516

- 6.00** AM **How to Please a Woman**
8.00 **Trainwreck** Comedy drama. (2015, 15, 124min) ★★
10.10 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★
12.20 PM **My Big Fat Greek Wedding 3** As 10.20pm.
2.00 **The Five-Year Engagement**
4.05 **Ghost** Romantic thriller starring Patrick Swayze and Demi Moore. (1990, 12, 127min) ★★
6.15 **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★
8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★
10.20 **My Big Fat Greek Wedding 3** Comedy sequel starring Nia Vardalos. (2023, 12, 92min) ★★
12.00 **M.T. The Five-Year Engagement** Romantic comedy with Jason Segel. (2012, 15, 119min) ★★
2.05 AM **The Cinema List: Rom Com**
2.25 **How to Please a Woman** Drama. (2022, 15, 107min) ★★
4.15 to **6.00** AM **Sweethearts** Comedy. (2024, 15) ★★

Sky Cinema Stunts

307 407 507 521

- 7.30** AM **The Lawnmower Man** Thriller with Pierce Brosnan. (1992, 15, 105min) ★★
9.55 **Mob Land** As 5.00am.
11.55 **Fist of Fury** Martial arts thriller starring Bruce Lee. (1972, 18, 106min) ★★
1.55 PM **Shooter** Action thriller. (2007, 15, 125min) ★★
4.10 **Haywire** Action thriller. (2012, 15, 88min) ★★
6.00 **John Wick** Action thriller. (2014, 15, 101 min) ★★



10.05 Blade

8.00 **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. With Riccardo Scamarcio. (2017, 15, 122min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Blade** Action adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff, Kris Kristofferson and N'Bushe Wright. (1998, 18, 121min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Silent Night** Thriller. (2023, 15, 104min) ★★
2.00 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★
4.00 **Sky Cinema Preview**
5.00 to **7.00** AM **Mob Land** Crime thriller with Shiloh Fernandez. (2023, 15, 111 min) ★★

Sky Cinema Greats

304 404 504 518

- 6.45** AM **Bye Bye Birdie** As 3.45am.
8.50 **The Young Ones** Pop musical. (1960, U, 104min) ★★
10.50 **Shirley Valentine** As 8.00pm.
12.40 PM **National Lampoon's Animal House** Comedy. (1978, 15, 109min) ★★
2.40 **Singin' in the Rain** Musical. (1952, U, 102min) ★★
4.40 **Airplane!** Air-disaster spoof. (1980, 12, 86min) ★★
6.20 **Airplane II: The Sequel** Comedy sequel starring Robert Hays as a pilot at the controls of a disaster-prone moon shuttle. (1982, 15, 81 min) ★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins, Tom Conti and Bernard Hill. (1989, 15, 108min) ★★
9.50 **Sixteen Candles** John Hughes' comedy starring Molly Ringwald as a gauche teenager with dreams of a perfect romance. (1984, 12, 89min) ★★
11.40 **Saturday Night Fever** Dance drama. (1977, 18, 119min) ★★
1.55 AM **King Ralph** Comedy. (1991, PG, 97min) ★
3.45 **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★
5.45 to **6.45** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

- 6.55** AM **Sumotherhood** As 11.15pm.
8.35 **Sausage Party** Animation. (2016, 15, 89min) ★★
10.10 **Big Daddy** (1999, 12) ★★
11.50 **Along Came Polly** Comedy. (2003, 12, 90min) ★★
1.25 PM **David Brent: Life on the Road** Comedy. (2016, 15) ★★
3.05 **The Invention of Lying** Comedy. (2009, 12) ★★
4.50 **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12) ★★
6.30 **Disaster Movie** (2008, 12) ★



6.30 Disaster Movie

8.00 **Strays** Canine comedy featuring the voices of Will Ferrell and Jamie Foxx. An optimistic border terrier vows revenge on his neglectful owner. (2023, 15, 93min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Kangaroo Jack** Comedy with Jerry O'Connell and Anthony Anderson. Two friends get into trouble Down Under when the cash they are delivering for the mob falls into the paws of a wild kangaroo. (2003, PG, 89min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Sumotherhood** Comedy drama. (2023, 15, 97min) ★★
1.00 AM **The Persian Version** Comedy. (2023, 15) ★★
2.50 **Fear and Loathing in Las Vegas** Terry Gilliam's adaptation of Hunter S Thompson's book. (1998, 18, 119min) ★★
4.55 to **6.30** AM **National Security** Comedy. (2003, 12, 88min) ★

Sky Cinema Animation

305 412 500 514

- 6.25** AM **Lego DC Comics Super Heroes: Justice League vs...**
7.25 **The Emoji Movie** (2017, U) ★★
9.00 **Curious George** (2006) ★★
10.35 **Mr Peabody & Sherman** Animation. (2014, U) ★★
12.20 PM **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG) ★★
2.15 **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★
4.00 **Madagascar** Animated comedy. (2005, U, 86min) ★★
5.40 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★
8.15 **Storks** (2016, U) ★★
10.00 **Spirit: Stallion of the Cimarron** Animation. (2002, U) ★★
11.40 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★
12.40 AM **Ten Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★
2.10 **Megamind vs The Doom Syndicate** (2024, U) ★★
3.45 **Straight Outta Nowhere: Scooby-Do! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★
5.15 to **6.55** AM **Rock Dog 3: Battle the Beat** (2022, U) ★★

Sky Cinema Thriller

309 409 509 523

- 6.30** AM **Detroit** As 10.10pm.
9.00 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★
11.10 **Munich** Political thriller. (2005, 15, 164min) ★★
2.00 PM **Some Other Woman** Thriller starring Ashley Greene. (2023, 15, 85min) ★★
3.35 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★
5.50 **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★



5.50 Jack Reacher: Never Go...

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia, Matt Damon, Elliott Gould and Don Cheadle. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega. Racist police officers respond to a complaint with retribution rather than justice in mind. (2017, 15, 143min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101 min) ★★
2.35 **Oldboy** Revenge thriller remake. (2013, 18, 104min) ★★
4.35 to **6.20** AM **Hypnotic** Action thriller. (2023, 15, 93min) ★★

Movies 24

312 419

- 7.00** AM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★
9.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
11.00 **Hidden Gems** Romantic comedy. (2022, PG, 85min) ★★
1.00 PM **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
3.00 **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) ★★
5.00 **North to Home** Drama. (2022, PG, 84min) ★★
7.00 **Wish Upon a Wedding** Romantic drama starring Kabbie Borders. (2023, PG, 85min) ★★
9.00 **Falling Together** Drama starring Ashley Williams and Paul Campbell. In an attempt to bring her feuding neighbours together, a woman finds an unexpected ally. With Paul McGillion. (2024, U, 90min) ★★
11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **A Bet with the Matchmaker** Romantic drama. (2023, PG, 89min) ★★
3.00 to **6.00** AM **Rip in Time** Romantic fantasy starring Torrey DeVitto. (2022, PG, 84min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM **Sands of Iwo Jima** World War Two adventure. (1949, b/w, PG, 109min) ★★
1.15 PM **It Should Happen To You** Comedy. (1953, b/w, U) ★★
3.00 **Ride Lonesome** Western. (1959, 12, 73min) ★★
4.30 **Henry VIII and His Six Wives** Drama starring Keith Michell. (1972, PG, 125min) ★★
6.50 **My Cousin Rachel** Drama. (2017, 12, 106min) ★★



9.00 The Black Phone

My Cousin Rachel (film started at 6.50pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Black Phone** Horror starring Mason Thames and Ethan Hawke. In 1970s North Denver, detectives attempt to catch a masked predator nicknamed The Grabber. With Madeleine McGraw and Jeremy Davies. (2022, 15, 103min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★
1.55 to **4.00** AM **Like a Boss** Comedy starring Tiffany Haddish, Rose Byrne, Salma Hayek and Billy Porter. (2020, 15, 83min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **What the Butler Saw** Comedy. (1950, b/w, PG) ★★
7.15 **Bombay Waterfront** Mystery. (1952, b/w, U, 71min) ★★
8.35 **Assignment Foreign Legion**
9.05 **Beat the Devil** Comedy thriller. (1953, b/w, U, 89min) ★★
10.50 **Terminus** Short documentary.
11.25 **You're Only Young Twice!** Comedy starring Diane Hart. (1952, b/w, U, 81 min) ★★
1.05 PM **The Quiet Woman** Thriller. (1950, b/w, U, 70min) ★★
2.35 **Look at Life**
2.50 **The Man Who Wouldn't Talk** Drama. (1957, b/w, PG) ★★
4.45 **Churchill's Secret Army** (S1)
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman 29/34** (S1)
7.35 **Beau Geste** 6/8. (S1)
8.05 **Rumpole of the Bailey** (S6)
9.15 **Love for Lydia** 1/13. (S1)
10.25 **Lifeforce** Offbeat sci-fi chiller. (1985, 18, 101min) ★
12.45 AM **The Man Who Turned to Stone** Sci-fi horror with Victor Jory. (1957, b/w, 18, 71min) ★★
2.20 **The System** Sixties drama. (1964, b/w, 15, 90min) ★★
4.10 **Checkmate** Crime drama. (1935, b/w, PG, 67min) ★★
5.30 to **6.00** AM **Beverly Hillsbillies**

Sky Sports Main Event

401	511	501	419	439
6.00	AM Sky Sports News			
6.30	Back Pages Tonight			
7.00	Good Morning Sports Fans			
10.00	The Football Show			
11.00	LIVE WTA Tennis Coverage of day three of the WTA Doha Open at Khalifa International Tennis and Squash Complex in Doha, Qatar.			
12.30	PM LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.			
7.30	LIVE EFL Norwich City v Preston North End. Coverage of the Championship match from Carrow Road. Preston raced into a 2-0 lead after just 12 minutes in October's reverse fixture at Deepdale, but second-half strikes by Borja Sainz and Shane Duffy earned the Canaries a 2-2 draw. The hosts have a good recent record against Preston, losing only two of the last 13 games between the two sides. Kick-off 8.00pm.			
10.30	Back Pages Tonight			
11.00	Sky Sports News			
11.30	Back Pages Tonight			
12.00	M'T to 6.00 AM Sky Sports News			

Sky Sports Premier League

402	512	502	420	440
6.00	AM PL Greatest Games			
7.00	Premier League Legends			
8.00	Premier League Best Goals			
9.00	Premier League 100 Club			
10.00	PL Retro Chelsea v Wigan Athletic in the 2009/10 season.			
12.00	NOON Gary Neville's Soccerbox PM Premier League Years A look back at the 20/21 season.			
3.00	PL Retro Chelsea v Wigan Athletic in the 2009/10 season.			
5.00	Premier League Best Goals			
6.00	Sticker Book: Bruno Fernandes			
6.15	Sticker Book: Ollie Watkins			
6.30	Sticker Book: James Maddison			
6.45	Sticker Book: Trent Alexander Arnold			
7.00	Soccer Special News of all tonight's goals as they go in, with studio guests keeping an eye on the big games and talking points.			
10.15	Soccer Special Post-Match			
10.30	Premier League Icons			
11.00	Premier League Years A look back at the 2021/22 season.			
1.00	AM PL Retro Sheffield United v Wigan Athletic from 2007.			
3.00	PL Greatest Games			
4.00	Premier League Best Goals			
5.30	to 6.00 AM Premier League 100 Club			

Sky Sports Football

403	513	503	421	441
6.00	AM EFL The 2019 play-off finals.			
9.00	EFL Greatest Games			
10.00	Championship Retro			
12.00	NOON EFL Highlights			
12.30	PM Bundesliga Highlights Show			
1.30	EFL Highlights Action from recent games in the Championship.			
4.30	Bundesliga Highlights Show			
5.30	EFL Cup Highlights Newcastle United v Arsenal in the semi-final second-leg at St James' Park.			
6.00	Highlights from Liverpool v Tottenham Hotspur in the semi-final second-leg at Anfield.			
6.30	EFL Highlights Action from recent games in the Championship.			
7.30	LIVE EFL Norwich City v Preston North End. Coverage of the Championship match from Carrow Road. October's reverse fixture at Deepdale ended in a 2-2 draw. Kick-off is at 8.00pm.			
10.30	EFL Cup Highlights			
11.30	EFL Greatest Games			
12.00	M'T EFL Cup Retro Aston Villa v Manchester City in the 2020 final.			
2.00	AM Jimmy Glass: Great Escape			
2.30	EFL Greatest Games			
4.00	EFL Cup The 2009 final.			
5.00	to 6.00 AM Best Scottish Premiership Goals			

Sky Sports Cricket

404	514	504	422	442
6.00	AM WPL Highlights from 2024.			
7.00	ICC Men's T20 World Cup			
9.00	Quest: The Official Film			
10.30	ICC Men's T20 World Cup West Indies v Afghanistan.			
11.00	WPL Royal Challengers Bangalore v Gujarat Giants from 2024.			
12.00	NOON IPL Chennai Super Kings v Royal Challengers Bangalore.			
1.00	PM WPL Royal Challengers Bangalore v UP Warriorz.			
2.00	Royal Challengers Bangalore v Gujarat Giants from 2024.			
3.00	ICC Men's T20 World Cup Action from India v Bangladesh.			
4.00	WPL Mumbai Indians v Royal Challengers Bangalore in 2024.			
5.00	ICC Champions Trophy Cricket A preview of the upcoming ICC Champions Trophy tournament.			
6.00	Quest: The Official Film			
7.30	ICC Men's T20 World Cup New Zealand v Afghanistan.			
8.00	WPL Royal Challengers Bangalore v Gujarat Giants from 2024.			
9.00	ICC Champions Trophy Cricket			
10.00	ICC Men's T20 World Cup			
11.00	WPL Highlights from 2024.			
12.00	M'T ICC Men's T20 World Cup			
1.00	AM WPL Match highlights.			
4.00	ICC Men's T20 World Cup			
5.00	to 6.00 AM IPL			

Sky Sports Golf

405	515	505	423	443
6.00	AM Golf Academy			
7.00	Nick Dougherty's Tee Time Tips			
8.00	Playing Lessons			
8.30	DP World Tour Golf			
9.00	PGA Tour Golf Phoenix Open.			
10.00	TGL Event highlights.			
12.00	NOON Playing Lessons			
12.30	PM DP World Tour Golf			
1.00	PGA Tour Golf Phoenix Open.			
2.00	Golf Academy			
3.00	TGL Event highlights.			
5.00	Ryder Cup Memories			
5.30	DP World Tour Golf			
6.00	Golf's Greatest Holes			
6.30	Uncommon: Building a Boston Sports Team			
7.00	Asian Tour Golf From India.			
8.00	Uncommon: Building a Boston Sports Team			
8.30	Golf's Greatest Holes			
9.00	Nick Dougherty's Tee Time Tips			
9.30	DP World Tour Golf			
10.00	PGA Tour Golf Phoenix Open.			
11.00	Uncommon: Building a Boston Sports Team			
11.30	Golf's Greatest Holes			
12.00	M'T Tee Time Tips			
12.30	AM DP World Tour Golf			
1.00	PGA Tour Golf Phoenix Open.			
2.00	Playing Lessons			
3.00	Golf Academy			
4.00	Nick Dougherty's Tee Time Tips			
5.00	to 6.00 AM Playing Lessons			

TNT Sports 1

410	870	527	408	430
6.00	AM UEFA Europa League & Conference League Magazine			
7.00	Spanish Women's Liga F			
8.00	A-League Action from Australia.			
1.00	PM LIVE UEFA Youth League VFB Stuttgart U19 v Liverpool U19. Coverage of the last-32 match staged at Stadion auf der Waldau. Kick-off is at 1.00pm.			
3.00	Serie A Action from Italy.			
5.00	Premier League: Big Interview			
5.30	A-League Women Highlights			
6.00	A-League Highlights Recent football action from Australia.			
6.30	Premier League Stories			
7.00	LIVE UEFA Champions League Coverage of a knockout phase play-off first-leg match.			
10.45	The Football's On			
11.45	TNT Sports Cricket Reload			
12.00	M'T NBA Tip-Off A look ahead to tonight's NBA matches.			
12.30	AM LIVE NBA Indiana Pacers v New York Knicks. The Eastern Conference match at Gainbridge Fieldhouse. Tip-off 12.30am.			
3.00	LIVE NBA Phoenix Suns v Memphis Grizzlies. The Western Conference match staged at Footprint Centre. Tip-off 3.00am.			
5.30	to 6.30 AM Inside the NBA			

TNT Sports 2

411	871	528	409	431
6.00	AM Fishing: On the Bank			
7.00	The WRC Magazine			
7.30	Sign Up - Into Football			
8.15	What I Wore Series highlights.			
8.30	UEFA Champions League Road to Glory Archive action.			
11.30	Champions League Magazine			
12.00	NOON UEFA Europa League & Conference League Magazine			
1.00	PM Spanish Women's Liga F			
2.00	Fishing: On the Bank			
3.00	One Day International Cricket			
4.00	UEFA Europa League & Conference League Magazine			
5.00	Champions League Magazine			
5.30	LIVE UEFA Champions League Coverage of a knockout phase play-off first-leg match.			
7.45	LIVE UEFA Champions League Coverage of a knockout phase play-off first-leg fixture.			
10.00	Premier League Stories			
10.30	Fight Night Beterbiev v Bivol.			
11.30	NBA on Fire The latest news.			
12.00	M'T A-League Highlights			
12.30	AM UFC A replay of UFC 312.			
3.30	Fight Week UFC 312 review.			
4.00	TNT Sports Cricket Reload			
4.15	to 6.00 AM LIVE ODI Cricket Sri Lanka v Australia. Coverage from Galle International Stadium.			

TNT Sports 3

417	874	529	410	432
6.00	AM Classic Premier League			
7.00	Fight Night Live A replay of Derek Chisora v Otto Wallin.			
9.00	Fight Night A look ahead to Artur Beterbiev v Dmitry Bivol.			
10.00	Superbike World Championship Season preview.			
11.00	The WRC Magazine			
11.30	Sign Up - Into Football			
12.15	PM Lomu: The Lost Tapes			
1.45	Unbreakable: England 2003 A look back at England's World Cup winning team of 2003.			
3.00	Premiership Rugby Cup Sale Sharks v Doncaster Knights.			
4.00	Fight Night Live A replay of Derek Chisora v Otto Wallin.			
6.00	SailGP Highlights Action from the latest round in Sydney.			
7.00	One Day International Cricket Highlights of India v England from Barabati Stadium in Cuttack.			
8.00	Test Cricket Highlights Action from Sri Lanka v Australia.			
10.00	Serie A Action from Italy.			
12.00	M'T UEFA Champions League			
3.00	AM UEFA Europa League & Conference League Magazine			
4.00	Born Racers At the Rookies Cup.			
5.15	UEFA Champions League - Stories of the Finals			
5.45	to 6.00 AM Under the Lights			

Sky Sports Action

408	517	507	426	446
6.00	AM Super League Highlights			
7.00	Fight Night Simpson v Woodall.			
8.00	NFL Highlights			
9.00	Super League Highlights			
10.00	NFL Highlights			
11.00	Fight Night McCaskill v Price.			
12.00	NOON Super Bowl LV Bitesize			
12.15	PM Super Bowl LVI Bitesize			
12.30	Super Bowl LVIII Bitesize			
12.45	Super Bowl LVIII Bitesize			
1.00	Good Morning Football			
3.00	Fight Night Jonas v Mayer.			
4.00	Super League Highlights			
5.00	NFL Highlights Action from Detroit Lions v Buffalo Bills.			
6.00	NBC's Pro-Football Talk			
8.00	Fight Night A chance to see Adam Azim v Sergey Lipinets.			
9.00	Blood, Sweat & Tears Berinchyk v Davis preview.			
10.00	Abdullah Mason: Appetite for Smoke A profile of the boxer.			
10.30	Fight Night International			
11.30	Abdullah Mason: Appetite for Smoke A profile of the boxer.			
12.00	M'T The Insiders The latest news.			
1.00	AM Blood, Sweat & Tears			
2.00	Abdullah Mason: Appetite for Smoke Profile of the boxer.			
2.30	NFL Highlights			
4.30	NFL Bitesize Highlights			
5.00	to 6.00 AM NFL Highlights			

Sky Sports Tennis

407	537	520	425	445
6.00	AM ATP Tennis Dallas Open.			
7.00	WTA & ATP Tennis Highlights.			
11.00	LIVE WTA Tennis Coverage of day three of the WTA Doha Open.			
12.30	PM LIVE WTA & ATP Tennis Featuring the ATP Buenos Aires Open and WTA Doha Open.			
3.00	AM Bitesize Tennis			
3.15	Tim Henman Podcast 2024			
3.30	Billie Jean King: My Story			
3.45	Martina Navratilova: Unstoppable Documentary.			
4.00	to 6.00 AM WTA Tennis			

Sky Sports Mix

416	873	510	429	449
6.00	AM Super League Highlights			
7.00	Fight Night Azim v Lipinets.			
8.00	Fight Night International			
9.00	PGA Tour Golf Phoenix Open.			
10.00	DP World Tour Golf			
10.30	Chronicles of Champion Golfer			
11.00	Tennis Action from recent finals.			
1.00	PM PGA Tour Golf			
2.00	DP World Tour Golf			
2.30	Golf Academy Bunker play.			
3.00	Tennis Action from recent finals.			
5.00	Super League Highlights			
6.00	Fight Night International			
7.00	Fight Night Azim v Lipinets.			
8.00	NFL Highlights Recent action.			
9.00	Blood, Sweat & Tears			
10.00	Abdullah Mason: Appetite for Smoke A profile of the boxer.			
10.30	PGA Tour Golf Phoenix Open.			
11.30	DP World Tour Golf			
12.00	M'T LIVE NCAA Basketball Kentucky Wildcats v Tennessee Volunteers. From Rupp Arena in Lexington Tip-off is at 12.00m't.			
2.00	AM PGA Tour Golf			
3.00	Super League Highlights			
4.00	to 6.00 AM WTA Tennis			

TNT Sports 4

421	876	530	411	434
6.00	AM MLB Classic Matches and moments from the archives.			
12.00	NOON NBA on Fire The latest news from the world of the NBA.			
12.30	PM NBA Action A round-up of the latest action from the NBA.			
1.00	NBA Cleveland Cavaliers v Minnesota Timberwolves.			
2.30	A replay of Milwaukee Bucks v Golden State Warriors.			
4.00	NBA on Fire The latest news from the world of the NBA.			
4.30	NBA Cleveland Cavaliers v Minnesota Timberwolves.			
6.00	A replay of Milwaukee Bucks v Golden State Warriors.			
7.30	NBA Action The latest action.			
8.00	NBA Cleveland Cavaliers v Minnesota Timberwolves.			
9.30	A replay of Milwaukee Bucks v Golden State Warriors.			
11.00	MLB Classic Famous matches and moments from the archives.			
12.30	AM A-League Women			
1.00	to 6.00 AM A-League			

Eurosport 1

413

870

521

412

435

6.00

AM Snooker: Welsh Open

8.00

Cydo-Cross Race highlights from Middelkerke in Belgium.

10.00

Australian Open Tennis Action from the Grand Slam event.

11.00

Snooker: Welsh Open Action from the first day in Llandudno.

1.00

PM LIVE Snooker: Welsh Open Coverage of the afternoon session on day two staged at Venue Cymru in Llandudno, featuring second-round matches.

5.00

Snooker: Welsh Open The afternoon session on day two.

7.00

LIVE Snooker: Welsh Open Coverage of the evening session on day two of the tournament at Venue Cymru in Llandudno, featuring second-round matches.

11.00

Snooker: Welsh Open Action from the second day in Llandudno.

1.00

AM Cycling: Tour of Valencia The fifth and final stage of the race.

2.00

Snooker: Welsh Open

4.00

to 6.00 AM Alpine Skiing

Wednesday

12 February

Evening Planner

Wednesday

Football

LIVE!



Premier League

TNT Sports 1, kick-off 7.30pm

Everton host Liverpool in the Merseyside derby, where the Toffees will be hoping for a repeat of their 2-0 win in April 2024.

Drama

NEW



The Equalizer

Sky Witness, 9pm

As the drama returns, McCall races to rescue two siblings who are in danger after stealing a truck carrying weapons.

OnDemand



Harlem Ice

Available today

Documentary series following a group of black figure skaters from Harlem, who are finding their feet on the global stage.



NEW

OnDemand



Will Trent

Available today

The crime drama based on Karin Slaughter's Special Agent Will Trent (Ramón Rodríguez) returns for a third season.



NEW

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES

101	BBC1	7.00	The One Show	7.30	EastEnders	8.00	The Repair Shop	9.00	Amandaland	9.30	Am I Being...	10.00	News; Local News	10.40	UEFA...
102	BBC2	7.00	Celebrity Antiques Road Trip			8.00	Great British Menu	9.00	Murder Trial: Body in the Warehouse			10.00	The Cockfields	10.30	Newsnight
103	ITV1	6.30	News	7.30	Emmerdale	8.00	Coronation Street	9.00	Grantchester			10.00	News; Local News		
104	CHANNEL 4	7.00	News			8.00	Kirstie and Phil's Love It or List It	9.00	George Clarke's Building Home			10.00	Dubai: Buying the Dream		
105	CHANNEL 5	7.00	GPs: Behind Closed Doors			8.00	Supermarket Own Brands: The Big...	9.00	Surgeons: A Matter of Life or Death			10.00	999: Emergency Call Out		
106	SKY SHOWCASE	7.05	The Simpsons			8.00	Landscape Artist of the Year	9.00	Never Mind the Buzzcocks			10.00	Hacks		

ENTERTAINMENT

ENTERTAINMENT

115	BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Suits		10.25 Such Brave Girls	
116	BBC4	7.00 The Architecture the Railways Built		8.00 Himalaya with Michael Palin		9.00 Secrets of Size: Atoms to Supergalaxies		10.00 Sunset Song	
118	ITV2	7.00 Family Fortunes		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
136	MORE4	6.55 Car S.O.S.		7.55 Grand Designs		9.00 Griff's Great Australian Rail Trip		10.00 Car S.O.S.	
135	E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
107	SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Equalizer		10.00 Elsbeth	
108	SKY ATLANTIC	6.45 Billions		7.55 Game of Thrones		9.00 Succession			
110	U&GOLD	6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder the Third	10.00 The Office		10.40 Good...
111	U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119	ITV3	6.55 Heartbeat		8.00 Grace		9.00 Endeavour			
120	ITV4	6.55 The Motorbike Show		8.00 Junk and Disorderly		9.00 Film: Casino Royale		10.05 Film: Casino Royale	
112	COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges – The Story Continues		10.00 Comedy Central Live	
139	SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
113	SKY MAX	7.00 Stargate SG-1		8.00 Freddie Fries Again		9.00 Never Mind the Buzzcocks		10.00 Hacks	
109	U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
130	SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		9.00 Artist of the Year: Masterclass		10.00 Katharine Hepburn: Call Me Kate	
132	U&W	7.00 Property Brothers: Family Flashback		8.00 Inside the Ambulance		9.00 Hungry for It		10.20 At Home with...	

DOCUMENTARY

125	DISCOVERY	7.00	Salvage Hunters	8.00	Kindig Customs	9.00	Gold Divers	10.00	America's Backyard Gold
162	ANIMAL PLANET	7.00	Crikey! It's the Irwins	8.00	Return to the Isle of Jaws	9.00	Sharkwrecked: Crash Landing	10.00	Alaskan Bush People
129	NAT GEO	7.00	Air Crash Investigation	8.00	Car S.O.S.				
123	SKY HISTORY	7.00	Forged in Fire	8.00	Ghost Ships	9.00	The Curse of Oak Island	10.00	Tales from Oak Island
155	U&YESTERDAY	7.00	Guy Martin's Great British Power Trip	8.00	Canal Boat Diaries	9.00	Great Canal Journeys	10.00	Bangers & Cash: Restoring Classics
121	SKY DOCS	6.45	Adam Hills: Foot Fault	8.00	Branson	9.00	I Am Heath Ledger		

FILMS - Sky Cinema

301	PREMIERE	5.15	Furiosa: A Mad Max Saga	8.00	Bad Boys: Ride or Die	10.00	The Bikeriders
302	VALENTINE	6.10	No Hard Feelings	8.00	About Last Night	9.45	Am I OK?
303	HITS	6.00	Asteroid City	8.00	Saving Private Ryan		
304	GREATS	5.50	Alfie	8.00	Ghost	10.10	Saturday Night Fever
305	ANIMATION	5.35	Sing	7.30	Dr Seuss' The Lorax	9.05	Megamind vs The Doom Syndicate
306	FAMILY	6.50	Dungeons & Dragons: Honour Among Thieves	9.05	The Addams Family		
307	STUNTS	6.15	Retribution	8.00	The Beekeeper	9.50	Baby Driver
308	COMEDY	6.10	Bad Neighbours	8.00	Bad Neighbours 2	9.50	Fear and Loathing in Las Vegas
309	THRILLER	6.00	Ocean's Eleven	8.00	Ocean's Twelve	10.15	Oldboy
310	DRAMA	5.35	A Star Is Born	8.00	The Color Purple	10.25	Allelujah
311	SCI-FI	6.15	The Woman in Black	8.00	The Nun II	9.55	Total Recall
313	FILM4	6.25	Indiana Jones and the Last Crusade	9.00	Indiana Jones and the Kingdom of the Crystal Skull		

SPORT

SPORT	401 MAIN EVENT	◀ 11.00 Tennis – Live 7.30 EFL – Live: Sheffield United v Middlesbrough (Kick-off 8.00)				10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special				10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights 7.30 EFL – Live: Sheffield United v Middlesbrough (Kick-off 8.00)				10.30 EFL Highlights
	404 CRICKET	6.00 ICC Men's...		7.30 ICC Men's T20... 8.00 WPL		9.00 Quest: The Official Film 10.30 ICC Men's T20...
	410 TNT SPORTS 1	6.30 Premier League – Live: Everton v Liverpool (Kick-off 7.30)				10.00 Fight Night
	411 TNT SPORTS 2	7.00 UEFA Champions League – Live: Coverage of a knockout phase play-off first-leg match				10.30 UEFA...

† Denotes programmes starting before 7.00pm † Regions vary

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Norfolk. (S)(AD)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition** An idea for a drinks cooler. (S)(AD)
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Antiques Road Trip **New edition** A visit to Lockerbie. (S)
4.30 The Repair Shop on the Road **New edition** In Glasgow. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)
6.55 Party Political Broadcast (S)



9.00 Amandaland

- 7.00 The One Show**
Alex Jones and Vernon Kay present the topical show. (S)
7.30 EastEnders
The residents prepare to celebrate Honey and Billy's joint Sten-do, while Sharon's concerns for Phil grow. (S)(AD)

- 8.00 The Repair Shop** **New edition** The experts restore a book made by two loving parents charting the first three years of the owner's life, a paraffin camping stove from 1957, a table bought in Thailand and a tweed flat cap. (S)(AD)

- 9.00 Amandaland** **New episode** 2/6. Amanda sells her belongings. (S1) (S)(AD) ■ Entire series on BBC iPlayer
9.30 Am I Being Unreasonable? **New episode** 2/6. Nic worries about the past. (S2) (S)(AD) ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Match of the Day: Champions League
A round-up of action from the play-off round first-leg matches, as the teams that finished between ninth and 24th in the league phase competed for places in the last 16. (S)
12.00 M'T The Six Nations Greatest Moments Gabby Logan presents a look back at France v Ireland from 2018, Wales v Scotland from 2010 and England v Italy from 2009. (S)
12.30 AM Extraordinary Portraits with Bill Bailey 1/6. The founder of a cancer charity is depicted by artist Oriane Pierrepont. (S)(R)(AD)
1.00 Weather for the Week Ahead (S)
1.05 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (R)
8.00 Sign Zone: Celebrity Antiques Road Trip In Northampton. (S)(R)
9.00 BBC News (S)
11.15 Politics Live (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific (S)(R)(AD)
4.15 All Roads Lead Home (S)(R)(AD)
5.15 Flog It! From Allerton Castle in North Yorkshire. (S)(R)
6.00 Richard Osman's House of Games **New edition** With Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot. (S)
6.30 Robson Green's Weekend Escapes **New edition** 3/15. Robson and Rupert Penry-Jones visit the Northumberland coast. (S)(AD)



10.00 The Cockfields

- 7.00 Celebrity Antiques Road Trip**
Broadcasters and siblings Geeta and Krishnan Guru-Murthy compete in the antique hunt, joined by Tim Medhurst and Steven Moore as they search the Home Counties. (S)(R)

- 8.00 Great British Menu** **New edition** The three remaining chefs from Scotland compete over mains and desserts, celebrating great Britons of the past. The dishes are judged by Aktar Islam. (S) ■ Continues tomorrow

- 9.00 Murder Trial: Body in the Warehouse** **New edition** Focusing on the murder of 60-year-old army veteran Ean Coutts, whose body was found in an abandoned warehouse near Glenrothes, Fife, in 2020. (S)(AD)

- 10.00 The Cockfields** **Friday:** 3/6. Simon and Ray head to the nursing home to see Rose. (S2) (S)(R)(AD)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Unspun World with John Simpson A look at the week's major global news stories (S)
11.35 The Balkans: Europe's Forgotten Frontier 2/2. Katya Adler travels to Romania, Kosovo and Serbia. (S)(R)
12.35 AM Sign Zone: Great British Menu Four chefs from the south-west of England prepare canapes, starters and fish dishes. (S)(R)
1.35 Sign Zone: Death in Paradise (R)
2.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson hosts from the home of Walsall FC, where a set of false teeth found in a loft turn out to be surprisingly valuable. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Chisara takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.20 Party Political Broadcast (S)
6.30 ITV News (S)



9.00 Grantchester

- 7.30 Emmerdale**
Cain is arrested in connection to Anthony's disappearance, Caleb is blindsided when he realises the truth, and Joe takes a mystery phone call. (S)(AD)

- 8.00 Coronation Street**
Andy offers David another job, Kevin learns that he needs surgery, Carla and Rob receive a date for the transplant, Gemma makes a new friend in Lou, and Kit is shocked by some forensics results (S)(AD)

- 9.00 Grantchester** **New episode** 6/8. When a professor of archaeology is found brutally murdered at a dig site, Alphie and Geordie realise there was more to the expert than met the eye. (S9) (S)(AD) ■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 Olivia Attwood's Bad Boyfriends 3/12. The boyfriends are severely tested by their girlfriends' burning questions. (S)(R)
12.25 AM Teleshopping
3.00 Tonight: Supermarkets: How to Save on Your Shop (S)(R)
3.25 Tom Kerridge Cooks Britain 5/6. The chef heads to the east coast of Scotland. (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers (S11 & 1) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 11-14/24. (S6) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA Catch-up edition. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** Richard and Simon have kitchen and toilet troubles. (S)
5.00 Four in a Bed **New edition** The third visit is to the Queen's Head Inn in Northamptonshire. (S)
5.30 Come Dine with Me **New edition** Support worker Lea hosts the third night in Plymouth. (S)
6.00 A Place in the Sun **New edition** A couple search for a holiday home in Fuerteventura. (S)



9.00 George Clarke's Building Home

- 7.00 News** (S)

- 8.00 Kirstie and Phil's Love It or List It** **New edition** Gordon and Suky from Wolverhampton need help deciding whether to sell their four-bedroom home or renovate it to create their perfect property. (S)(AD)

- 9.00 George Clarke's Building Home** **New edition** 2/4. Keith, Kate and their children are moving from Glasgow to Dunoon on the Firth of Clyde where they're turning a castle-like tower into their dream home. (S)(AD)

- 10.00 Dubai: Buying the Dream** **New edition** 3/6. Connor struggles to balance work and home life, and Michelle is shocked when Jake replaces her with new broker Ellinor. Rick unveils a luxurious penthouse for sale. (S)(AD)
11.05 Dubai: Buying the Dream **New edition** 4/6. Harvey is still struggling to make a sale. (S)(AD)
12.10 AM Celebrity Hunted (S)(SL)(R)
1.00 FILM Crawlspace Thriller. (S)(SL) (2022, 15, 90min) ★★
2.30 Location, Location, Location (R)
3.25 Alcohol-Free Booze: Is It Worth It? Documentary. (S)(SL)(R)
4.15 Sunday Brunch Best Bits (S)(R)
4.30 Frasier (S2&3) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour **204/208** **304** **15** **121**

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S10) (S)(R)(AD)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM A Date with Danger
 Fact-based thriller with Colton Haynes and Gabrielle Graham. (S) (2022, 12, 105min) ★★
4.00 Bargain-Loving Brits in the Sun New edition Bar owners Graham and Kaye prepare for the launch of their new establishment, 'Stumblin' Out' in Benalmadena. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life
 Knaresborough hosts the annual town crier competition. (S)(R)
6.55 News (S)



8.00 Supermarket Own Brands

- 7.00 GPs: Behind Closed Doors**
 Ayesha needs treatment for a rash, Ryan has a lump in his throat, and Benjamin talks to Dr Chris Harris about his depression. (S)(R)
7.55 News (S)

- 8.00 Supermarket Own Brands: The Big Taste Test**
New edition A look at some of the bargains offered by German retailers Aldi and Lidl. Plus, Bisto, Paxo and Colman's products are compared to supermarket own brands. (S)
9.00 Surgeons: A Matter of Life or Death
New edition Care worker Claire is urgently referred to Queen Elizabeth Hospital as she has a tumour growing at the bridge between her brain and her nose. (S)
10.00 999: Emergency Call Out
 Special Inspector Tom works with police to identify the gang that attacked a man, while Special Constable Tom attempts to track down a van known for catalytic converter thefts. (S)(R)
11.05 Murder: Suspect No 1 (S)(R)
12.35 AM Car Pound Cops (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Michael Ball's Wonderful Wales The broadcaster and singer visits mid-Wales. (S)(R)
3.50 Rich House, Poor House (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 Wildlife SOS (S)(SL)(R)
5.30 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)(AD)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 MacGyver 14/15. (S5) (S)(R)
5.00 The Simpsons The Sound of Bleeding Gums: Lisa meets the son of jazz musician Bleeding Gums Murphy. (S)(R)
5.30 Mothers and Other Strangers: A teenage Homer searches for his mother. (S)(R)
6.00 The Office (US) 21/26.
 Michael prepares to host his last-ever Dundie awards. (S)(R)
6.25 22/26. Michael prepares to leave Dunder Mifflin. (S7) (S)(R)



8.00 Landscape Artist of the Year

- 7.05 The Simpsons**
My Octopus and a Teacher: Bart is unable to control his feelings when he gets a new teacher. (S)(R)
7.30 Girls Just Shauna Have Fun: Lisa joins the high-school marching band. (S)(R)

- 8.00 Landscape Artist of the Year**
New edition The search for the nation's best landscape painter continues, with London's St Pancras Basin providing the setting for the latest heat. (S)(AD)
9.00 Never Mind the Buzzcocks
 Greg Davies hosts the quiz as Joel Dommett, Abi Harding, Glen Matlock and stand-in captain Courtney Love join regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)
10.00 Hacks
There Is No Line: 1/10. Comedy drama. An ageing comedian and young writer join forces. (S)(R)(AD)
10.40 Primm: 2/10. Ava tries to get to know Deborah a little better. (S1) (S)(R)(AD)
11.20 Karl Pilkington: The Moaning of Life Karl explores the impact of waste on our planet. (S)(R)
12.20 AM The Force: North East
 New homeowners discover a cannabis farm in their loft. (S)(R)
1.15 Brit Cops: Law & Disorder (R)
2.10 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 MacGyver 14/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 12.00m't Debate Night**
1.00am Scotcast 1.30
 The Six Nations Greatest Moments **2.00**
 Extraordinary Portraits with Bill Bailey **2.30** Weather for the Week Ahead **2.35-6.00am** BBC News

N. IRELAND

Sky 966, Virgin 863, Freesat 966

- 10.40pm Nolan Live New edition** **11.40** Match of the Day: Champions League **1.00am** The Six Nations Greatest Moments **1.35-6.00am** BBC News
WALES
 Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Top 5 – Steve Spiers **New edition** **11.10** Match of the Day: Champions League **12.30-1.00am** The Six Nations Greatest Moments

BBC2

N. IRELAND

Sky 969, Freesat 969

- 11.05pm QI New edition** **11.35** Unspun World with John Simpson **12.05-12.35am** BBC News
WALES
 Sky 968, Freesat 968

- 10.00am LIVE Snooker:** The Welsh Open **4.30-5.15pm** The Edge **7.00-8.00 LIVE Snooker:** The Welsh Open **11.05** Snooker: The Welsh Open **11.50** Unspun World with John Simpson **12.20-12.35am** Planet Earth: A Lion's Tale

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno **1.00** Codi Hwyl **1.30** Cegin Bryn: Yn Ffrainc **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwladfa: Gwylm Bowen Rhys **6.25** Darllediad Gwleidyddol **6.30** Rownd a Rownd **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **New episode** **8.25** Cartrefi Cymru **New edition** **8.55** Newyddion a'r Tywydd **9.00** Troseddau Cymru Gyda Sian Lloyd **New edition** **10.00** Gwesty Aduniad **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr!

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Comedian Michael McIntyre is the Star in a Reasonably Priced Car.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 3/8. The MUAs work in pairs to create special effects make-up for the BBC show *Ghosts*.
9.00 Suits 7/16. Rachel delivers some troubling news to Mike.
9.45 8/16. Mike returns to Pearson Specter as a junior associate. (S4)
10.25 Such Brave Girls 5/6. Deb, Billie and Josie find their own ways to process death.
10.55 6/6. Josie and Billie prepare themselves to see their dad again. (S1)
11.20 Boarders 1&2/6. (S2)
12.55 AM Glow Up: Britain's Next Make-Up Star
1.55 Eating with My Ex
2.25 It's What She Would Have Wanted Comedy written by and starring Holly Hall.
2.35 Body on the Beach: What Happened to Annie?
3.05 to 3.55 AM Boarders

MORE4

136/137 831 147 18 124

- 8.55 AM Food Unwrapped**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S Restoring a 1969 Lancia Fulvia 1.3 Rallye.
2.05 Four in a Bed Five editions of the B&B challenge.
4.50 Chateau DIY Love is in the air at Château de Sauge.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw restore a classic 1971 sports car.
6.55 Fuzz and Tim restore a Japanese off-roader.
7.55 Grand Designs Stuart and Rosie Treasurer from the Wirral plan to transform a bungalow from a 1960s dormer into a slick piece of 21st-century architecture.
9.00 NEW SERIES Griff's Great Australian Rail Trip Griff Rhys Jones travels Australia from coast to coast by train. He starts aboard the Indian Pacific in the first half of a 2,700-mile journey from Perth to Sydney. Along the way he meets quokkas, miners, an Aboriginal guide and highland dancers.
10.00 Car S.O.S The duo restore a Citroën SM that suffered catastrophic engine failure.

- 11.05 24 Hours in A&E**
1.10 AM Emergency Helicopter Medics
3.20 to 3.50 AM Supermarkets Unwrapped: Fruit & Veg Aisle

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture the Railways Built** Tim Dunn explores the ornate St Pancras station in London.
7.45 The Flying Gardener
 The versatility of grass.
8.00 Himalaya with Michael Palin 3/6. Michael watches Gurkha recruits being put through their paces.
9.00 Secrets of Size: Atoms to Supergalaxies *Going Small:* 1/2. Jim Al-Khalili explores the universe at the smallest scales.
10.00 Sunset Song 4-6/6. Adaptation of Lewis Grassic Gibbon's novel about a young girl growing up within a repressive peasant community in Scotland before World War One. Stars Vivien Heilbron, Paul Young and Edith MacArthur. (S1)
12.15 AM Hugh MacDiarmid: Rebel Poet A profile.
12.50 Secrets of Size: Atoms to Supergalaxies
1.50 Tutankhamun's Egypt
2.50 to 3.50 AM Himalaya with Michael Palin

E4

135/136 830 106 13 122

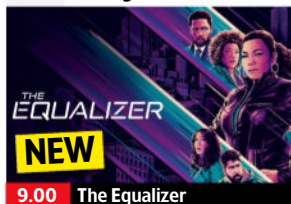
- 6.00 AM Hollyoaks**
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Homer and Lisa Exchange Cross Words.
7.00 Hollyoaks An anniversary meal does not go to plan.
7.30 Modern Family 1/24. Pilot episode of the comedy. (S1)
8.00 The Simpsons The Princess Guide: Moe falls in love with a Nigerian princess.
8.30 Sky Police: Chief Wiggum gets his hands on a military jet pack.
9.00 Celebrity Gogglebox
 Famous faces appraise *Stranger Things*, *Hunted*, *The 1% Club* and *Bargain Hunt*.
10.05 Gogglebox Opinions on *Strictly Come Dancing* and *The Graham Norton Show*.
11.05 First Dates
12.10 AM Naked Attraction's Best Naughty Bits
1.15 Celebrity Gogglebox
2.15 Gogglebox
3.10 Teen First Dates
4.05 Brooklyn Nine-Nine
4.55 Modern Family
5.25 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: Canada's Front Line Double bill,
11.00 The Good Doctor 5/18. (S1)
12.00 NOON FBI 7/13. (S6)
1.00 PM FBI: International (S3)
2.00 FBI: Most Wanted 7/13. The team investigate the murder of four detectives during a prisoner exchange. (S5)
3.00 Stop, Search, Seize
4.00 Nothing to Declare

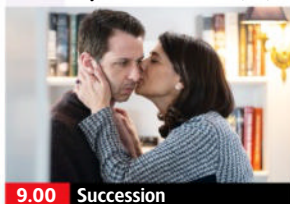


9.00 The Equalizer

Sky Atlantic

108/109 808 342 357

- 6.00 AM Urban Secrets Double bill.
8.00 The Sopranos 21/21. (S6)
9.15 True Blood 1/12. (S1)
10.15 Billions 7&8/12. (S5)
12.20 PM Game of Thrones (S3)
1.25 Big Love 5&6/12. (S2)
3.30 The Sopranos 21/21. (S6)
4.45 True Blood 1/12. The first episode of the vampire drama starring Anna Paquin. (S1)
5.45 Billions 7/12. Axe makes big plays with an unconventional source of inspiration. (S5)
6.45 8/12. Chuck looks for ways to save his father. (S5)



9.00 Succession

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 13&12/22. (S6)
8.00 The Flash 5/18. (S7)
9.00 Stargate SG-1 15&16/22. (S1)
11.00 Manifest 9/13. (S3)
12.00 NOON The Flash 6/18. (S7)
1.00 PM S.W.A.T. 14&15/22. (S6)
3.00 NCIS: Los Angeles 1/22. (S13)
4.00 MacGyver 14/15. (S5)
5.00 Manifest 8/13. Saavi grapples with a discovery at Eureka and the burden of secrecy that comes with it. (S3)
6.00 Stargate SG-1 15/22. The team rescue a stranded child from a diseased planet. (S1)



9.00 Never Mind the Buzzcocks

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.50 Secret Crush Double bill.
11.55 Dinner Date
12.55 PM Supermarket Sweep
2.00 Family Fortunes
3.00 Charmed 13/22. Leo discovers the Utopian world. (S7)
4.00 Gilmore Girls 12/22. Liz and Jess return to town. (S4)
5.00 Dinner Date Sales director Colm is given five menus.
6.00 Celebrity Catchphrase With guests Joe Lycett, Chizzy Akudolu and Nick Knowles.



7.00 Family Fortunes

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal Keep on Running.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse Service of All the Dead: The detective investigates a murder at a quiet country church.
5.55 Heartbeat Windows of Opportunity: The bobbies of Aidsfield try to get to the bottom of a series of burglaries.



8.00 Grace

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI Consequences: 12/13. The team hunt down the dealers of a drug that is wreaking havoc in New York. (S6)

9 PM

- 9.00 **NEW SERIES** The Equalizer The Lost Ones: Two siblings steal a truck that is carrying illegal weapons. (S5)

10 PM

- 10.00 Elsbeth An Ear For An Ear: 6/10. A prominent New York plastic surgeon is found dead. Guest stars Gina Gershon. (S1)

- 11.00 The Rookie 2/14. (S3)
12.00 MT Law & Order: Organized Crime 2/22. (S2)
1.00 AM The Good Doctor (S1)
2.00 Coroner 5/12. (S4)
3.00 The Rookie: Feds 5/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones Second Sons: 8/10. Daenerys meets the captains of the Second Sons mercenary company, and Davos demands to see proof of Melisandre's power. (S3)

- 9.00 Succession The Summer Palace: 1/10. Kendall attempts to make amends with his father, and Logan receives stark advice from his banker.
10.15 Vaulters: 2/10. Roman and Kendall compete to fix new media brand, Vaulters. (S2)

- 11.30 Band of Brothers 3/10. Easy Company is sent to take the town of Carentan, a battle deemed a success despite the many resultant casualties. (S1)
12.50 AM Game of Thrones (S3)
1.55 Gomorrah 5&6/10. (S5)
4.05 to 6.00 AM The Guest Wing

+1 hour 208/209

- 7.00 Stargate SG-1 Cor-Ai: 16/22. Teal'c finds himself on trial for killing a man while serving the evil Goa'uld Apophis. (S1)

- 8.00 Freddie Fries Again 4/6. Andrew Flintoff and Rob Penn head to the south-west of England, where they join a ghost hunt.

- 9.00 Never Mind the Buzzcocks With guests Courtney Love, Joel Dommett, Abi Harding and Glen Matlock.

- 10.00 Hacks 1/10. An ageing comedian and young writer join forces.
10.40 2/10. Ava joins Deborah on a trip. (S1)

- 11.20 Karl Pilkington: The Moaning of Life
12.25 AM Strike Back: Vengeance
1.30 Road Wars
2.00 A League of Their Own New edition With England winger Anthony Gordon.
3.00 NCIS: Los Angeles 1/22. (S13)
4.00 MacGyver 14/15. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Family Fortunes The family of Rachel Riley and husband Pasha Kovalev take on the family of Chris Kamara.

- 8.00 Gordon Ramsay's Food Stars USA The teams create wine blends with foods and pitch them to Napa Valley experts.

- 9.00 Love Island: All Stars New edition The clock is ticking down to the final and the tension continues to build.

- 10.05 Olivia Attwood: Getting Filthy Rich 2/6. Olivia meets people who are getting rich from sexualising cosplay.

- 11.05 Family Guy 7/7. Brian runs away from home. (S1)
11.35 11/20. Brian finds himself bonding with his new girlfriend's son. (S19)
12.05 AM American Dad! (S1)
1.05 Bob's Burgers (S10)
2.05 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat The Shoot: A party at Ashfordly Hall masks a sinister plot. Guest stars Robert Glenister and Celia Imrie.

- 8.00 Grace Dead Like You: A series of chilling attacks in Brighton all bear the same signs and Roy Grace has a feeling he has seen the MO before, so he questions whether a sinister offender from his past has resurfaced.

- 10.00 Endeavour Neverland: Morse investigates the case of a boy from a broken home who has been reported missing.

- 12.00 M.T. Trial & Retribution 1/2. DI Pat North is assigned to look into a case that may clear a man convicted of murder eight years ago, and finds that DS Walker was in charge of the original inquiry. (S4)
2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 Designing the Hebrides Banjo Beale transforms two spaces on the Isle of Mull.
8.00 Paramedics on Scene The air ambulance races to a serious road accident near Inveraray.
9.00 Debate Night New edition Debate on the big issues affecting Scotland and beyond.
10.00 The Hunt for Bible John 2/2. The discovery of a third victim in 1969 convinces detectives that they are dealing with a serial killer.
11.00 Scotcast New edition Discussion on Scotland's biggest news stories.
11.30 PM to 12.00 M.T. The Trials That Shocked Scotland The trial of the two men accused of the Lockerbie bombing.

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Mr Mayor (S2)
9.00 The Conners (S4)
10.00 Hung 1&2/10. (S1)
11.35 High Maintenance (S3)
12.35 PM Entourage (S7&8)
1.50 Hung 1&2/10. (S1)
3.15 High Maintenance (S3)
4.15 Wellington Paranormal
4.45 Mr Mayor 6&7/10. (S2)
5.45 The Office (US) (S7)
7.00 The Conners 4&5/20. Double bill. (S4)
8.00 Mr Mayor (S1&2)
9.00 SNL50: Beyond Saturday Night New edition 3/4. An in-depth look at the creation of a famous 2000 sketch starring Christopher Walken.
10.05 The Tonight Show Starring Jimmy Fallon New edition Chat show.
11.05 Entourage (S5)
12.15 AM Sex and the City
1.35 Mr Mayor (S2)
2.35 High Maintenance (S3)
4.20 to 5.00 AM Flatbush Misdemeanors

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Classic FM Live: Hall of Fame 2023
7.55 The Joy of Painting
9.00 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Portrait Artist of the Year 2020
1.00 PM Tales of the...
2.00 Art Traffickers
3.00 Discovering
4.00 Guy Garvey: From the Vaults
5.00 Portrait Artist 2020
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 Landscape Artist of the Year New edition
9.00 Artist of the Year: Masterclass Double bill.
10.00 Katharine Hepburn: Call Me Kate
12.00 M.T. Stephen King on Screen Documentary.
2.00 AM David Baddiel: The Not the Trilogy - Fame: Not the Musical
3.15 Life & Rhymes
4.35 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Monkey Life
10.00 Stop, Search, Seize
11.00 Highway Patrol
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Monkey Life
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 2/26. (S7)
5.00 Stargate Atlantis (S1)
6.00 Star Trek: Deep Space Nine 22/26. (S7)
7.00 Star Trek: Voyager (S4)
8.00 Landscape Artist of the Year New edition The contest moves on to St Pancras Basin, London.
9.00 The Rookie (S2)
11.00 Britain's Most Evil Killers Robert Napper.
12.00 M.T. Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Law & Disorder Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Backyard Builds New edition DIY series.
8.10 Olivia Meets Her Match
9.10 Judi Love's Culinary Cruise From Corfu.
10.10 Making It Home with Kortney & Kenny
11.10 The Real Housewives of Beverly Hills
12.05 PM Olivia Meets Her...
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Beverly Hills
5.00 The Real Housewives of New Jersey New edition
6.00 Making It Home with Kortney & Kenny
7.00 Judi Love's Culinary...
8.00 Dinner Date
9.00 Botched by Nature
10.00 Botched Double bill.
11.50 The Only Way Is Essex
12.50 AM Backyard Builds
1.20 to 1.30 AM Unwind
+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 2/22. (S3)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 7/22. (S3)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 16-19/22. (S10)
9.00 Randall and Hopkirk (Deceased) Who Killed Cock Robin? 14/26. A bird-lover leaves a strange will. (S1)
10.00 The Avengers The Bird Who Knew Too Much: 5/24. Two spies obtain information about a secret missile base. (S5)
11.00 The Persuaders! (S1)
12.00 M.T. M*A*S*H (S10)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
7.05 The Professionals
8.10 The Casebook of Sherlock Holmes Murder mystery.
9.15 Magnum, PI
10.20 Kojak
11.25 BattleBots
12.25 PM The Memoirs of Sherlock Holmes Murder mystery.
1.35 Magnum, PI
2.35 Kojak
3.40 Minder
4.50 BattleBots **New edition**
5.50 Beat the Chasers



9.00 Casino Royale

- 6.55 The Motorbike Show Henry Cole's Mediterranean odyssey continues with a ride through southern Spain.
8.00 Junk and Disorderly Henry Cole heads solo to an automobilia and vintage toy auction, before his team regroup.
9.00 **FILM** Casino Royale Offbeat James Bond comedy starring David Niven, Peter Sellers and Ursula Andress. Bond passes on his licence to kill to his inept nephew. (1967, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 English Football League Highlights The latest EFL action, including Sunderland v Luton Town and Swansea City v Sheffield Wednesday.
12.45 AM Wrestling: AEW Collision Hard-hitting wrestling action.
2.35 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: The Next Generation 19/26. (S3)
12.00 NOON Star Trek: Voyager
1.00 PM Star Trek: Deep Space Nine 8/26. (S6)
2.00 Warehouse 13 2/13. (S3)
3.00 Stargate SG-1 1/20. (S9)
4.00 Star Trek: Voyager (S2)
5.00 Star Trek: Deep Space Nine
6.00 Star Trek: The Next Generation 19/26. Picard falls in love with a woman who is not what she seems. (S3)



11.00 Doomsday Meteor

- 7.00 Warehouse 13 Trials: 2/13. Two men scheduled to testify in a murder trial seem to be regressing to childhood. (S3)
8.00 Stargate SG-1 Avalon - Part One: 1/20. Lt Col Cameron Mitchell arrives at SGC determined to join the SG-1 team. (S9)
9.00 Grimm Over My Dead Body: 6/22. A Wesen puts out a contract for Monroe's life. (S2)
10.00 The Walking Dead The Suicide King: 9/16. Rick tries to rescue Daryl, and newcomers raise concerns at the prison. (S3)
11.00 **FILM** Doomsday Meteor Sci-fi thriller starring Patrick Labrotaux and Anthony Jensen. (2023, PG, 86min) ★★
1.00 AM **FILM** Battle for Pandora Sci-fi adventure starring Tom Sizemore and Mark Ricketson. (2022, PG, 90min) ★★
3.00 Room 104 9&10/12. (S4)
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S9)
9.00 Father Brown
10.00 The Doctor Blake Mysteries
11.00 Hudson & Rex 13/16. (S3)
12.00 NOON The Mentalist (S4)
1.00 PM Death in Paradise (S5)
2.00 Murdoch Mysteries (S9)
4.00 The Doctor Blake Mysteries 4/10. Blake is called to a prisoner on death row. (S1)
5.00 Hudson & Rex 13/16. Trapped in an isolated mansion during a storm, Charlie and Rex must uncover a potential killer. (S3)
6.00 Father Brown As 10.00pm.



8.00 White Collar

- 7.00 The Mentalist Ruddy Cheeks: 18/24. A wealthy man with cancer who had weeks left to live is found murdered. (S4)
8.00 White Collar Most Wanted: 2/16. Peter must devise a plan to return Neal to New York and avoid Collins. (S4)
9.00 Death in Paradise One for the Road: 2/8. The Saint Marie governor is poisoned at her leaving party. (S5)
10.00 Father Brown The Wayward Girls: Bunty and Father Brown investigate a dark secret at the local girls' borstal.
11.00 The Mentalist As 7.00pm.
12.00 MT White Collar As 8.00pm.
1.00 AM CSI: Vegas 2/10. Catherine reopens a case from her past. (S3)
1.55 So Help Me Todd 13/21. (S1)
2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
9.20 The Green Green Grass
10.00 Are You Being Served?
10.40 Porridge
11.20 Last of the Summer Wine
12.40 PM The Green Green Grass
1.20 The Good Life
2.00 Dad's Army
2.40 Porridge
3.20 Are You Being Served?
4.00 Last of the Summer Wine
5.20 The Green Green Grass
6.00 Are You Being Served?
6.40 Dad's Army



9.20 Blackadder the Third

- 7.20 Dad's Army A land mine cuts off all power and communications services in Walmington-on-Sea.
8.00 The Good Life Barbara and Tom's work disturbs the neighbours.
8.40 The Thin Blue Line Football fever takes over the station when Gasforth FC take on Chelsea.
9.20 Blackadder the Third Edmund gets caught up in the French Revolution.
10.00 The Office David makes easy money moonlighting as a motivational speaker at a business seminar.
10.40 The Good Life As 8pm.
11.20 The Thin Blue Line
12.00 MT Blackadder the Third
12.40 AM The Office As 10.00pm.
1.20 Toast of London Steven accepts a role in a film being made by an Arab billionaire.
1.55 The Real McCoy
2.35 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM The Hairy Bikers' Asian Adventure From Thailand.
8.00 Cop Car Workshop
10.00 Robson's Extreme Fishing Challenge Double bill.
12.00 NOON American Pickers: Best Of Double bill.
1.00 PM American Pickers
2.00 How Britain Worked
3.00 Top Gear Double bill.
5.00 Hairy Bikers' Best of British Celebrating quality produce.
6.00 Rick Stein's Long Weekends The chef visits the city of Bologna in northern Italy.



6.00 Rick Stein's Long Weekends

- 7.00 Would I Lie to You? With guests Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke.
7.40 Richard Osman's House of Games With Thanyia Moore and Kaye Adams.
8.20 With Ruby Bhogal, Ed Byrne, Ingrid Oliver and Matthew Pinsent.
9.00 QI XL Guests Sally Phillips, Ross Noble and Nish Kumar join regular panellist Alan Davies and host Sandi Toksvig.
10.00 Have I Got a Bit More News for You Jack Dee hosts the satirical quiz, with Dehenna Davison and Emmanuel Sonubi.
11.00 Taskmaster The rivals meet the Mayor of Chesham.
12.00 M'T Mock the Week With Tom Allen, Ed Gamble, Milton Jones, Zoe Lyons and Geoff Norcott.
12.40 AM Would I Lie to You?
2.00 Hate Thy Neighbour
2.45 to 4.00 AM Hypothetical

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
9.30 Sun, Sea and Selling Houses Double bill.
11.30 A Place in the Sun
2.30 PM Come Dine with Me
5.00 A Place in the Sun
6.00 Location, Location, Location From Sheffield.
7.00 The Dog House
8.00 Jamie's 51 Wonders Jamie Oliver shows how to take root vegetables to another level.
9.00 Top Guns: Inside the RAF 2/6. A spy drone controller at RAF Waddington hunts down ISIS terrorists in Iraq.
10.00 24 Hours in A&E A 27-year-old is brought in after being thrown from his motorbike at speed.
11.05 Celebrity Gogglebox
12.05 AM Gogglebox
1.05 8 Out of 10 Cats Does Countdown: Best Bits
2.05 First Dates
3.10 Celebrity Hunted
4.05 to 5.00 AM George Clarke's Building Home

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM NCIS (S8&9)
12.00 NOON Law & Order
6.00 PM NCIS Psych Out: 16/24. Gibbs and the team seek advice from psychologist Samantha Ryan when a US Navy reservist is found dead.
7.00 Need to Know: 17/24. The team look into the death of a chief petty officer.
8.00 The Tell: 18/24. The team again join forces with PsyOps when an anonymous hacker leaks US Navy files. (S9)
9.00 Criminal Minds Protection: 22/23. The BAU track a vigilante who is determined to avenge the murder of his mother. (S10)
10.00 Law & Order: Special Victims Unit (S14&13)
1.50 AM Law & Order (S23)
2.50 New York Undercover
3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM 22 Kids & Counting
9.00 Bargain-Loving Brits in the Sun Documentary.
10.00 Nightmare Tenants, Slum Landlords
11.00 Traffic Cops
12.00 PM Police Interceptors
5.00 Car Pound Cops
6.00 Home and Away
7.00 Casualty 24/7: Every Second Counts A mini-heatwave results in an influx of patients.
8.00 GPs: Behind Closed Doors Medical series.
9.00 999: Critical Condition
10.00 Sleeping with My Murderer The murder of a father of three.
11.00 Skin A&E Documentary.
12.00 MT Accused
1.00 AM GPs: Behind Closed Doors Medical series.
2.00 Casualty 24/7: Every Second Counts
2.50 Police Interceptors
3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Outback Truckers
10.00 Traffic Cops
11.00 Police Interceptors
12.00 NOON **FILM** Arrowhead Western starring Charlton Heston. (1953, U, 105min) ★★
2.15 PM **FILM** Canyon Passage Western with Dana Andrews. (1946, PG, 92min) ★★★
4.00 Outback Truckers
5.00 Traffic Cops
6.00 Police Interceptors
8.00 Motorway Cops: Catching Britain's Speeders Documentary.
9.00 Police Interceptors
10.00 Police Code Zero: Officer Under Attack
11.05 **FILM** Rise of the Footsoldier: Extreme & Extended Fact-based thriller with Ricci Harnett and Craig Fairbrass. (2007, 18, 119min) ★★
1.50 AM Police Interceptors
2.50 Trucking Hell
3.45 to 4.00 AM Entertainment News

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
7.00 My Dream Home
8.00 Tipping Point
11.00 DIY SOS: The Big Build
1.00 PM Tipping Point
4.00 My Dream Home
6.00 DIY SOS: The Big Build
7.00 Property Brothers: Family Flashback
8.00 Inside the Ambulance
9.00 Hungry for It Ten rookie cooks take the ultimate crash course on how to make it in the food business.
10.20 At Home with Katherine Ryan Katherine prepares to embark on a 10-month stand-up comedy tour.
11.20 Sheridan Smith: Becoming Mum
12.20 AM One Born: What Happened Next? Australia Culinary show.
2.15 to 3.00 AM Date Night

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.15 AM All Creatures Great and Small
8.05 Doctors
9.15 Holby City
10.35 Classic Casualty
11.40 The Bill
12.40 PM Classic EastEnders
2.00 Eldorado
3.20 Bergerac
4.20 All Creatures Great and Small
5.25 The Upper Hand
6.00 As Time Goes By
6.40 Last of the Summer Wine Double bill.
8.00 Shakespeare & Hathaway: Private Investigators Hunger for Bread: 5/9. Lu infiltrates a slimming club to discover their secrets.
9.00 Die We Must: 6/9. Frank and Lu get trapped in an author's home. (S4)
10.00 New Tricks
11.20 Bergerac
12.20 AM Lovejoy
2.45 to 4.00 AM Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea In East Sussex.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Body Bizarre
New edition Natalie suffered major, life-changing burns after a bonfire explosion.
10.00 Body Bizarre Fatima is allergic to light and must take precautions to avoid skin cancer, while Amar's face has been destroyed by a tumour.
11.00 The Bad Foot Clinic
12.00 MT Help! My House Is Haunted In Hampshire.
1.00 AM Celebrity Help! My House Is Haunted
2.00 Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Double bill.
1.00 PM LIVE Snooker: Welsh Open Coverage of the afternoon session on day three at Venue Cymru in Llandudno.
3.00 Yukon Gold
5.00 Alaskan Bush People
7.00 Deadliest Catch
9.00 Restoring Galveston
New editions Ashley and Michael transform a bland craftsman into a breath-taking abode.
10.00 Michael and Ashley convert an 1899 duplex into a home.
11.00 Aussie Gold Hunters
12.00 MT Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country People search for their ideal rural retreats.
9.00 Good Bones: Risky Business The carriage house portion of Mina's project is almost done.
10.00 Home Town Ben and Erin Napier find a house for a military family ready to settle down.
11.00 An artist wants to buy a home with an art studio near family.
12.00 MT Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole Double bill of editions.
7.00 Tenable Warwick Davis hosts as a team of five friends tackle questions about top 10 lists.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 MT Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable Quiz show.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM James Martin's French Adventure
7.00 The Pioneer Woman
9.00 Nigella Bites
11.00 Great British Bake Off
1.00 PM Rick Stein's Food...
2.00 James Martin's French Adventure In Camargue.
3.00 The Pioneer Woman
5.00 Nigella Bites
7.00 Great British Bake Off
8.00 Adam Richman Eats Football Newcastle Utd.
8.30 Adam Richman Eats Britain Tattie Scone.
9.00 Rick Stein's Food Heroes: Another Helping Double bill.
10.00 Last Bite Hotel
New edition
11.00 Diners, Drive-Ins and Dives **New editions**
12.00 MT Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish
3.00 Outdaughtered
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Sister Wives
8.00 Seeking Sister Wife
9.00 Love Off the Grid
New edition
10.00 Temptation Island
11.00 Sex Sent Me to the ER
12.00 MT Bugs, Bites and Parasites: Tropical Diseases Uncovered
1.00 AM Extreme Couponing
2.00 Temptation Island
3.00 Sex Sent Me to the ER
4.00 Seeking Sister Wife
5.00 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM Wild West Chronicles Western.
8.40 FILM Bitter Victory Wartime drama. (1957, b/w, PG, 101min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM FILM Ambush at Tomahawk Gap Western. (1953, PG, 73min) ★★
2.45 FILM The Scalphunters Adventure. (1968, PG, 102min) ★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 FILM The Trust Thriller starring Nicolas Cage. (2016, 15, 90min) ★★
11.00 FILM Eye for an Eye Thriller, with John Travolta. (2019, 15, 98min) ★
1.05 AM FILM Miami Magma Sci-fi disaster movie. (2011, 15, 97min) ★★
3.00 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 23/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 16/22. (S3)
11.00 FILM Malibu Shark Attack Disaster movie starring Peta Wilson. (2009, 15, 110min) ★★
1.00 PM The Poseidon Adventure Drama.
5.00 Star Trek 21/30. (S1)
6.00 T.J. Hooker 17/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 FILM Chaos Thriller with Jason Statham and Ryan Phillippe. (2005, 15, 106min) ★★
11.05 FILM Renegades Action adventure starring JK Simmons. (2017, 15, 106min) ★★
1.10 AM FILM Paradise Cove Thriller starring Kristin Bauer van Straten. (2021, 15, 103min) ★★
3.10 to 5.00 AM FILM Last Passenger Thriller. (2011, 15, 95min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 7&8/24. (S1)
1.00 PM Friends (S4)
9.00 Kevin Bridges: The Story Continues
10.00 Comedy Central Live **New edition** With Sarah Keyworth, Josh Jones and Sharon Wanjohi.
11.00 NEW SERIES Teachers 1/20. Mrs Adler finds an unwanted visitor. (S3)
11.30 Al Murray: Beautiful British Tour - Live at the O2 Stand-up show.
1.45 AM Beavis and Butt-Head 24/32. (S4)
2.00 Reno 911! (S3)
2.55 Rosie Jones Tries to Help With Harry Hill.
3.05 Jen Brister: Meaningless
3.50 The Daily Show **New edition** Talk show.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM FILM April's Flowers Thriller. (2019, 12) ★★
10.55 FILM Vows of Deceit Thriller. (2018, 12) ★
1.00 PM FILM Murder at the Mansion Crime thriller. (2018, PG, 90min) ★★
3.00 FILM Killer Cover Up Thriller. (2021, 12) ★★
5.00 FILM Garage Sale Murders Crime drama. (2018, PG, 84min) ★★
7.00 Perception Double bill.
9.00 FILM Hancock Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★
11.10 FILM Bandidas Western. (2006, 12, 92min) ★★
1.10 AM FILM The Stranger Inside Crime thriller. (2016, 12, 84min) ★★
3.00 Air Rescue Double bill.
4.00 to 6.00 AM FILM A Daughter's Deception Thriller with Jade Harlow. (2019, 12, 85min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM Impact 1/2. (S1)
8.00 FILM Wild Horses Contemporary Western. (1985, PG, 95min) ★★
10.00 Farscape 20/22. (S1)
11.00 FILM Biggles: Adventure in Time Time travel adventure. (1986, PG, 108min) ★★
1.00 PM FILM Warbirds Sci-fi war drama. (2008, 15, 87min) ★★
3.00 Farscape 20/22. (S1)
4.00 Star Trek 29/30. (S1)
5.00 Impact 1/2. (S1)
7.00 Farscape 21/22. (S1)
8.00 Star Trek 30/30. (S1)
9.00 FILM Hard Kill Thriller starring Jesse Metcalfe and Bruce Willis. (2020, 15, 98min) ★★
11.00 FILM Sacrifice Horror mystery starring Barbara Crampton and Ludovic Hughes. (2020, 15, 87min) ★★
1.00 to 3.00 AM FILM Hard Kill As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 12&13/22. (S1)
11.00 Friends (S4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 12&13/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing 7/24. Mike installs a security system.
8.30 8/24. Mike imposes a new set of rules in the house. (S1)
9.00 Whose Line Is It Anyway? USA
10.00 South Park (S15&16)
2.00 AM Key & Peele
3.00 Guessable?
3.45 Jason Byrne: Audience Precipitation
4.30 Jack Dee Live at the Apollo Stand-up show.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM FILM When Love Blooms Comedy. (2021, PG, 90min) ★★
10.00 FILM Forever in My Heart Romantic drama. (2019, U, 90min) ★★
12.05 PM FILM My One and Only (2019, PG) ★★
2.00 FILM Love, Romance and Chocolate Drama. (2019, U, 84min) ★★
4.00 FILM Love By Chance Comedy. (2016, PG) ★★
6.05 FILM A Summer Romance Drama. (2019, PG, 90min) ★★
8.00 FILM Accidentally Engaged Drama. (2016, PG, 86min) ★★
9.55 FILM Raise a Glass to Love Romantic drama. (2021, PG, 84min) ★★
11.50 FILM Brimming with Love (2017, PG) ★★
1.55 AM Highway to Heaven
3.00 to 5.00 AM FILM The Seven Year Hitch Comedy. (2012, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real...
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Disclosure Files
11.10 Strange Evidence
12.10 PM What on Earth? 1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Disclosure Files
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 Strange Evidence
10.00 World's Most Unexplained...
11.00 Secrets in the Ice
12.00 MT National Park Mysteries Double bill.
1.00 AM Alien Disclosure Files Documentary.
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM The Real A&E
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 The Flash 15/18. (S7)
7.00 MacGyver Mac & Fallout & Jack: 11/22. Angus and Jack are abducted and put in a concrete room.
8.00 Fence & Suitcase & Americium-241: 12/22. An underworld criminal hires a master thief to steal a dirty bomb. (S3)
9.00 The Force: Manchester
11.00 Road Wars Double bill.
1.00 AM The Russell Howard Hour
3.00 Duck Quacks Don't Echo With Joe Lycett.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
9.00 Space 1999 18/24. (S1)
10.00 Time After Time (S1)
10.30 Watching 6/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on Harvey Moon 9/9. (S3)
1.00 PM Jason King (S1)
2.00 Born Free (S1)
3.00 Whicker's World
4.00 Stereo Underground
5.00 Diff'rent Strokes (S1)
5.30 Watching 6/7. (S6)
6.00 I Dream of Jeannie
6.30 Married... With Children
7.00 The Zoo Gang (S1)
8.00 Born Free (S1)
9.00 Jason King 2/26. (S1)
10.00 Married... With Children
10.30 Drop the Dead Donkey
11.00 The Mrs Merton Show
11.35 Hammer House of Horror 10/13. (S1)
12.35 AM Shine on Harvey...
1.35 Whicker's World
2.35 Monkey 25/26. (S1)
3.30 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Cumbria: The Lakes & the Coast
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Columbo
5.30 Walking Tudor Britain
6.00 World's Most Scenic Railway Journeys
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Portillo's Andalucia Michael finishes his tour in the city of Sevilla and the town of Carmona.
10.00 Sue Perkins: Lost in Thailand Sue heads south to the enticing waters of Phuket.
11.00 Prisoner: Cell Block H
1.00 AM Bargain-Loving Brits in the Sun
3.00 Cumbria: The Lakes & the Coast
3.50 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM 16 and Pregnant
6.45 Teen Mom OG
8.30 Teen Mom 2: From the Beginning Reality series.
10.00 Teen Mom 2
11.00 Catfish: The TV Show
6.00 PM Catfish: Catch of the Day Reality series.
7.00 Teen Mom UK
8.00 Teen Mom: The Next Chapter **New edition** Leah's twins start high school and assert their independence.
9.00 Help! I'm in a Secret Relationship! **New edition** Tangy needs to know why Jenny is hiding her.
10.00 MTV Unplugged **New edition** Eric Clapton.
12.00 MT Ridiculousness **New edition** Rob, Steelo and Karrueche Tran witness chair disasters.
12.30 AM Ridiculousness
1.00 Ink Master
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Crips

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** The Raneys bring some homesteading mastery to a Vermont couple.
 3.00 **Gold Divers** Double bill.
 5.00 **Deadliest Catch** Josh's brother Shane gets caught in the bight as a typhoon slams the *Cornelia Marie*.
 6.00 **Wheeler Dealers** Mike finds an Alfa Romeo GTV.



9.00 Gold Divers

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
 9.00 **Crikey! It's the Irwins**
 10.00 **Dogs 101** Active companions.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Coyote Peterson: Brave the Wild** Double bill.
 3.00 **Tanked** Two aquariums.
 4.00 **Dogs 101** The best way to groom a prized pooch.
 5.00 **Alaska: Homestead Rescue**
 6.00 **Animal Cribbs** Antonio meets a family with two bearded dragons stuck in a tank.



9.00 Sharkwrecked: Crash...

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **World War II: Secrets from Above** Documentary.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car S.O.S**
 1.00 PM **Rocky Mountain Railroad**
 2.00 **Air Crash Investigation**
 3.00 **Viking Seas: Drain the Oceans**
 4.00 **Bloody Tales of the Tower**
 5.00 **Car S.O.S** A Mk 3 Ford Cortina.
 6.00 **Nazi Megastructures** The German campaign across Tunisia, Libya and Egypt.



8.00 Car S.O.S

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **The Great British Dig: History in Your Back Garden**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Ships** Double bill.
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** Double bill.
 6.00 **American Pickers** Mike and Robbie have high hopes in Ohio, with a fleet of pricey cars and top-notch treasures.



9.00 The Curse of Oak Island

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **Secret Nazi Bases**
 11.00 **Nazi Hunters**
 12.00 **NOON Joanna Lumley's Silk Road Adventure**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases** How Wewelsburg castle in Buren became a clandestine training space for the SS.
 5.00 **Nazi Hunters** How Adolf Eichmann was tracked down.
 6.00 **Antiques Roadshow**



8.00 Canal Boat Diaries

7.00 **Salvage Hunters**
 At a medieval castle in Cumbria, Drew Pritchard tries a seal a deal on the ultimate car accessory.

8.00 **Kindig Customs** The Bronco's owner is unsure about Dave's radical idea for the interior, so he resists going too far.

9.00 **Gold Divers**
New edition Zeke must pivot his strategy when the Tomcod claim proves dangerously inaccessible.

10.00 **America's Backyard Gold** Dave Turin shows how everyday miners can find recently discovered gold in California.

11.00 **America's Backyard Gold**
 12.00 **MT Street Outlaws: Locals Only** In New England, AZN and Farmtruck pick eight local racers to compete for \$5K.

1.00 AM **Gold Divers** As 9.00pm.
 2.00 **America's Backyard Gold**
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

7.00 **Crikey! It's the Irwins**
 The Irwins caravan into the Outback to release baby kangaroos onto their wildlife conservation area.

8.00 **Return to the Isle of Jaws** An investigation into an unusual lack of females at a great white shark breeding ground.

9.00 **Sharkwrecked: Crash Landing** A unique exploration of the world's most remote and shark-infested waters.

10.00 **Alaskan Bush People**
 The Browns prepare to close down their homestead following Ami's diagnosis.

11.00 **Flying Wild Alaska**
 12.00 **MT Pit Bulls & Parolees: Tia's Tales** Tia, Tania and Mariah recount their biggest successes and losses.

1.00 AM **Alaskan Bush People**
 2.00 **Dogs 101** As 4.00pm.
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

7.00 **Air Crash Investigation**
 A plane that crashed into the Java Sea, revealing deadly defects in the subsequent investigation.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townsend get a 1974 Mk 1 Ford Capri back on the road for a woman with a heart condition.

9.00 **Car S.O.S** Tim and Fuzz secretly restore a Triumph TR4 belonging to a man left unable to drive it by a stroke.

10.00 **Car S.O.S** Tim and Fuzz restore a Porsche belonging to a former ambulance driver.

11.00 **Air Crash Investigation**
 12.00 **MT Mysterious Islands**
 1.00 AM **To Catch a Smuggler**
 2.00 **Abandoned** The team search an abandoned lace factory.

2.30 **Money Meltdown**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

7.00 **Forged in Fire** Four bladesmiths are tasked with forging blades out of steel from a chain and a sprocket.

8.00 **Ghost Ships** Professional salvage diver Tony Sampson searches for the wreckage of the SS *Atlantic* in Nova Scotia.

9.00 **The Curse of Oak Island**
New edition New structures are uncovered that strengthen a developing theory.

10.00 **Tales from Oak Island**
New edition A mysterious ship's log from 1746 suggests there is buried treasure on Oak Island.

11.00 **The UnBelievable with Dan Aykroyd** The actor and presenter examines the notion of using human bones as a 'miracle cure' for gout.

12.00 **MT Pawn Stars**
 2.00 AM **Mountain Men**
 3.00 **Ghost Ships** As 8.00pm.
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

7.00 **Guy Martin's Great British Power Trip** Guy looks at how the Scottish islands are at the front of hydrogen research.

8.00 **Canal Boat Diaries**
 Robbie gets iced in on the Grand Union Canal, and his parents help him through Marsworth Locks.

9.00 **Great Canal Journeys**
 Timothy and Prunella explore the Marne-Rhine Canal near France's border with Germany.

10.00 **Bangers & Cash: Restoring Classics** Derek picks out a low mileage MGC and the team pay a little too much to secure it.

11.00 **Abandoned Engineering**
 Exploring a luxury resort in Argentina, a Greek palace above a Mexican city and a former hotel in Hawaii.

12.00 **MT Joanna Lumley's Silk Road Adventure**
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Salvage Hunters**

Drew Pritchard and Tee John view a collection in Boreham Wood.
 9.00 **New edition**
 Drew and Viki have to deal with a haggling blacksmith in Yorkshire.

10.00 **Salvage Hunters: Georgian House Restoration** **New edition**
 Drew embarks on the costliest stage of the house restoration.

11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress: Atlanta** Double bill.
 10.00 **FBI Files** Double bill.
 12.00 **NOON Betrayed**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Judge Rinder's Crime Stories** The barrister examines real-life cases.

4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **10 Steps to Murder**
 8.00 **Murder on CCTV**
 10.00 **Signs of a Psychopath** **New edition** True-crime.

11.00 **True Conviction**
 12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** Carla Fuqua.

3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **Cold Cases Reopened**
 In July 1981, the body of a young local was discovered shot in the front seat of his truck.
 8.00 **Killers: Caught on Camera** Four murders in quick succession and a manhunt are in full flow, with a dramatic ending.

9.00 **Forensic Factor** **New edition** Two undertakers are killed while working at a funeral home in Hudson.

10.00 **Murder by the Sea** **New edition** How Felicity Paget was killed by a 'mystery knifeman'.

11.00 **Evidence of Evil**
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Murder by the Sea**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours**
 4.00 **Medical Detectives** The blood splattered scene of a horrendous murder baffles investigators.

4.30 **Investigators** analyse shoe impressions that were found at the scene of a crime.
 5.00 When a chef is murdered, police discover a trail of debt.
 5.30 **Investigators** sift through the ashes at the scenes of several fires.

6.00 When a woman is found dead in her bathroom, it looks like suicide, but investigators suspect otherwise.
 6.30 A series of deaths span two continents.

7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops: Law & Disorder** Documentary.
 11.00 **Catching the Killer**
 12.00 **NOON The Killer Within**

1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked...**
 3.00 **World's Most Evil Killers**
 4.00 **Britain's Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **Killing Mum and Dad**
 7.00 **World's Most Evil Killers**
 8.00 **Britain's Most Evil Killers**
 9.00 **The Real Manhunter**

10.00 **How I Caught the Killer**
 11.00 **Catching the Killer**
 12.00 **MT Most Evil Killers**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **Snapped** Documentary.

3.00 **Made for Murder**
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of Scotland** In Caithness.
 8.40 **Wrecks That Changed the World** As 6.00pm.
 9.35 **Fly with Me**
 10.50 **Nixon in the Den**
 11.55 **Afghanistan: The Wounded Land**

1.00 PM **Grand Tours of Scotland** In Caithness.
 1.40 **Wrecks That Changed the World**
 2.35 **Fly with Me**
 3.50 **Nixon in the Den**
 4.55 **Afghanistan: The Wounded Land**

6.00 **Wrecks That Changed the World** Weaknesses that doomed warships.
 7.00 **Grand Tours of Scotland**
 7.40 **Fly with Me**
 8.50 **Nixon in the Den**
 9.55 **Afghanistan: The Wounded Land**

11.00 **Wrecks That Changed the World** As 6.00pm.
 12.00 **MT Nixon in the Den**
 1.10 to 2.00 AM **Grand Tours of Scotland**

+1 hour 222/223 321

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Julia Roberts
8.00 The Directors
9.00 The Nineties
10.00 Branson As 8.00pm.
11.00 Saviour Complex
12.00 NOON Rise of the Superheroes
2.15 PM **FILM** When We Were Kings
Oscar-winning documentary.
(1996, PG, 87min) ★★★★★
4.00 The Directors
4.55 The Nineties
5.50 Discovering: Julia Roberts
6.45 Adam Hills: Foot Fault
8.00 Branson 3/4. The entrepreneur sets off on an epic balloon voyage before announcing his plans to conquer space.
9.00 I Am Heath Ledger
Celebrating the life and work of the Australian actor.
10.50 Pantani: The Accidental Death of a Cyclist
12.50 AM Bobby Robson: More Than a Manager
2.50 Great Photo, Lovely Life: Facing a Family's Secret
to 6.00 AM Discovering: Julia Roberts

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding
Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Mark Martin.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder?
New edition Mysterious deaths.
9.00 Green Eyed Killers New edition
10.00 A Perfect Scam New edition
11.00 Secrets of Penthouse
12.00 MT Buried in the Backyard
1.00 AM Green Eyed Killers
2.00 A Perfect Scam
3.00 Secrets of Penthouse
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill One to One:
A councillor's daughter causes trouble for Ackland and Stamp.
5.30 The Mugging and the Gypsies: Edwards, Yorkie and Ackland attempt to enforce a child protection order.
6.00 The Chain of Command: Ramsey and Ackland find a gang of drunks under a flyover.
6.30 Life and Death: Stamp and Brind bring a drunk into the station, who later tells Peters that he has killed someone.
7.00 Pointless Double bill of the general knowledge quiz show.
9.00 Campion Sweet Danger - Part One: 1/8. The detective visits a tiny oil-rich state.
10.10 Sweet Danger - Part Two: 2/8. The detective returns to Pontisbright in disguise. (S2)
11.25 The Bill Four episodes.
1.25 AM Pointless Double bill.
3.20 Campion 1&2/8. (S2)
5.20 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 Wild Workers
10.00 Zambia Untamed
11.00 Wildlife ER
12.00 NOON Land of Primates
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 Wild Workers
4.00 Zambia Untamed
5.00 New Kids in the Wild
6.00 Land of Primates
7.00 Monkey Life Double bill.
8.00 Extreme Africa The rich world of plants and animals along South Africa's Orange River.
9.00 Super Shark Highway
Tracking a pregnant shark along the Great Barrier Reef.
10.00 Land of Primates
11.00 New Kids in the Wild
12.00 MT Wildlife ER
1.00 AM Rooted
2.00 Extreme Africa
3.00 Super Shark Highway
4.00 Great Parks of Africa
5.00 to 6.00 AM Wild Workers

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 The Kangaroo King
3.00 Extraordinary Australia
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Two Asian small clawed otters show off their x-ray training skills.
8.00 The Hidden Kingdoms of China A snow leopard teaches its cub vital life lessons.
9.00 The wildlife in the jungles of southern Yunnan.
10.00 Africa's Deadliest The lives of predators that hunt in packs.
11.00 Ice Road Rescue A rookie driver blocks the overpass.
12.00 MT When Sharks Attack 360
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM The Perfect Murder
9.00 I Almost Got Away with It
11.00 Still a Mystery
1.00 PM Evil Lives Here: Shadows of Death Double bill.
3.00 Evil Lives Here
5.00 Calls from the Inside
7.00 Murder in Ypsilanti: Keith Morrison Investigates Keith connects the fate of a doting mother and a missing persons case from two decades earlier.
9.00 Hostage 911 Negotiators work via text to get a baby to safety.
10.00 High Speed Chase A driver in a stolen vehicle leads a rookie cop on an action-packed pursuit.
11.00 Faking It: Tears of a Crime The case of Jeremy Bamber who, in 1985, shot his parents, his sister and her twin sons. He protested his innocence in public until the weight of evidence led to his arrest.
12.00 MT Most Evil Double bill.
2.00 AM Calls from the Inside
4.00 to 6.00 AM Murder in Ypsilanti: Keith Morrison Investigates
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Colosseum
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files The alleged cover-up of a UFO sighting in Mexico.
8.00 Behind History Figures and groups that have redefined the notion of fame.
9.00 Evil Genius with Russell Kane A debate on designer and Nazi collaborator Coco Chanel.
10.00 History's Greatest Mysteries The death of Egypt's iconic ruler, King Tutankhamun.
11.00 WWII Battles in Colour
12.00 MT Ancient Aliens
2.00 AM River Hunters
3.00 Walking Through History
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Salvaging the Kursk
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Aliens in Alaska A UFO pursues a woman as she drives through an extra-terrestrial hot spot.
8.00 Salvaging the Kursk Efforts to recover the nuclear submarine from the seabed following the tragedy in 2000 that claimed the lives of 118 crew members.
9.00 Combat Dealers Following Bruce Crompton and his team as they buy, repair and sell World War Two military gear.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Custom Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Formula 1's maestro Bernie Ecclestone finally bows out with style.
9.00 Kindig Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 MT Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.05 AM Sky Cinema Preview
6.35 Fox and Hare Save the Forest
8.05 Turn Me On As 3.20pm.
9.55 Kill Thriller starring Daniel Portman and Brian Vernel.
(2023, 15, 90min) ★★★
11.40 Fox and Hare Save the Forest
1.10 PM The Bikeriders As 10pm.
3.20 Turn Me On Fantasy drama.
(2024, 15, 99min) ★★★
5.15 Furiosa: A Mad Max Saga
Fantasy adventure prequel.
(2024, 15, 148min) ★★★★★



8.00 Bad Boys: Ride or Die

- 8.00 Bad Boys: Ride or Die
Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens.
(2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00 The Bikeriders Drama
starring Tom Hardy. Over the course of a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang.
(2023, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.05 AM The Killer Thriller.
(2024, 15, 126min) ★★★★★
2.20 The Last Stop in Yuma County Crime thriller.
(2023, 15, 100min) ★★★★★
4.00 Fox and Hare Save the Forest
Animation. (2024, U, 71min)
5.20 to 7.20 AM Chuck Chuck
Baby Romantic drama.
(2023, 15, 101min) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.55 AM Save the Cinema Drama.
(2021, 12, 109min) ★★★
8.50 Aisha Drama with Letitia Wright.
(2022, 12, 94min) ★★★★★
10.30 The Color Purple As 8.00pm.
1.00 PM Catch Me If You Can Steven Spielberg's adventure with Tom Hanks and Leonardo DiCaprio.
(2002, 12, 141min) ★★★★★
3.30 Jarhead Military drama.
(2005, 15, 123min) ★★★★★
5.35 A Star Is Born Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter.
(2018, 15, 136min) ★★★★★
8.00 The Color Purple Musical with Taraji P. Henson. Torn apart from her sister and children, a woman finds strength in new friendships.
(2023, 12, 141min) ★★★
10.25 Allelujah Comedy drama starring Jennifer Saunders.
(2022, 12, 99min) ★★★★★
12.10 AM Aporia Sci-fi drama.
(2023, 15, 104min) ★★★★★
2.00 Freud's Last Session Period drama.
(2023, 12, 109min) ★★
3.55 The Shamrock Spitfire Biopic.
(2024, 12, 108min) ★★★
5.50 to 7.15 AM My First Summer
Drama. (2020, 15, 80min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.05 AM The Cinema List: Biopic
6.20 Jules As shown at 4.15am.
8.05 Black Dog British drama.
(2023, 15, 96min) ★★★
9.55 Asteroid City As 6.00pm.
11.55 The Spiderwick Chronicles
Fantasy. (2008, PG) ★★★★★
1.45 PM Charlie Wilson's War
Satire. (2007, 15) ★★★★★
3.40 Captain Phillips Thriller.
(2013, 12, 129min) ★★★★★
6.00 Asteroid City Sci-fi comedy.
(2023, 12, 105min) ★★★★★



6.00 Asteroid City

- 8.00 Saving Private Ryan
Steven Spielberg's World War Two drama starring Tom Hanks, Matt Damon, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.50 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves.
(1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.00 AM Gran Turismo Drama.
(2023, 12, 123min) ★★★
3.30 Sky Cinema Preview
4.15 to 6.00 AM Jules Comedy drama. (2023, 12, 87min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.05 AM Insidious: Chapter 2 Thriller sequel. (2013, 15, 103min) ★★★★★
9.00 Ouija Horror starring Olivia Cooke. (2014, 15, 87min) ★★
10.40 Ouija: Origin of Evil
Supernatural horror prequel.
(2016, 15, 99min) ★★★
12.25 PM World War Z Action thriller.
(2013, 15, 116min) ★★★★★
2.35 Ex Machina Sci-fi drama.
(2014, 15, 104min) ★★★★★
4.30 Monolith Thriller starring Lily Sullivan. (2022, 15, 90min) ★★★★★
6.15 The Woman in Black Chiller.
(2012, 12, 91min) ★★★★★
8.00 The Nun II Horror sequel starring Taissa Farmiga.
(2023, 15, 110min) ★★
9.55 Total Recall Sci-fi thriller remake with Colin Farrell, Kate Winslet and Jessica Biel. In a post-apocalyptic future Earth, a worker unlocks memories of his secret past as a super-spy.
(2012, 12, 113min) ★★★★★
12.00 M'T Dashcam Horror with Annie Hardy. (2021, 18, 80min) ★★★
1.30 AM Monolith As 4.30pm.
3.10 Abigail Horror starring Melissa Barrera and Dan Stevens.
(2024, 18, 105min) ★★★★★
5.10 to 6.55 AM Night Swim Horror thriller. (2024, 15, 98min) ★

Sky Cinema Family

306 406 506 520

- 6.40** AM **The Adventures of Sharkboy and Lavagirl in 3-D** Action thriller. (2003, 12, 106min) ★★
- 8.25** **Hot Dog Derby** As 2.20am. (2012, 15, 88min) ★★
- 9.55** **The Addams Family** (1991) (1991, PG, 95min) ★★
- 11.50** **Dungeons & Dragons...** (2015, PG, 111min) ★★
- 2.05** PM **Pan Fantasy** prequel. (2015, PG, 111min) ★★
- 4.00** **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★
- 6.50** **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★



4.00 **The Hobbit: The Desolation...**

Dungeons & Dragons: Honour Among Thieves (film started at 6.50pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **The Addams Family** Black comedy starring Anjelica Huston and Christopher Lloyd. The Addams family encounter an imposter claiming to be their long-lost uncle. (1991, PG, 95min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Scooby-Doo** Live-action comedy adventure. (2002, PG, 86min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★

2.20 **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★

3.55 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2003, U, 98min) ★★

5.40 **to 7.25** AM **It Takes Two** Comedy. (1995, U, 97min) ★

Sky Cinema Valentine

302 402 502 516

- 6.00** AM **Spoiler Alert** As 11.15pm.
- 8.00** **The Cinema List: Rom Com**
- 8.20** **About Last Night** As 8.00pm.
- 10.05** **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson. (2003, 12, 116min) ★★
- 12.05** PM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★
- 2.05** **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★
- 3.50** **The Holiday** Romantic comedy. (2006, 12, 135min) ★★
- 6.10** **No Hard Feelings** Comedy starring Jennifer Lawrence. (2023, 15, 103min) ★★
- 8.00** **About Last Night** Romantic comedy remake starring Michael Ealy and Joy Bryant. (2014, 15, 98min) ★★
- 9.45** **Am I OK?** Comedy drama with Dakota Johnson and Sonoya Mizuno. (2022, 15, 86min) ★★
- 11.15** **Spoiler Alert** Comedy drama. (2022, 15, 112min) ★★

1.10 AM **Cicada** Drama with Matthew Fifer and Sheldon D Brown. (2020, 15, 96min) ★★

2.50 **Bonus Track** Music comedy. (2023, 12, 98min) ★★

4.35 **to 6.30** AM **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★

Sky Cinema Stunts

307 407 507 521

- 7.00** AM **Fist of Fury** Thriller. (1972, 18, 106min) ★★
- 9.00** **Haywire** Action thriller. (2012, 15, 88min) ★★
- 10.50** **The Old Way** As 2.00am. (2022, 15, 88min) ★★
- 12.40** PM **Sisu** Action thriller. (2022, 15, 96min) ★★
- 2.30** **Vendetta** Action thriller. (2022, 15, 96min) ★★
- 4.20** **The Way of the Dragon** Thriller. (1972, 18, 99min) ★★
- 6.15** **Retribution** Action thriller. (2023, 12, 91min) ★★



6.15 **Retribution**

8.00 **The Beekeeper** Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Baby Driver** Music-themed action thriller starring Ansel Elgort and Kevin Spacey. A young getaway driver finds himself taking part in a heist doomed to fail. (2017, 15, 113min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Monkey Man** Action thriller, co-written, produced, directed by and starring Dev Patel. (2024, 18, 121min) ★★

2.00 AM **The Old Way** Western starring Nicolas Cage, Ryan Kiera Armstrong, and Noah Le Gros. (2023, 15, 95min) ★★

3.40 **Sisu** As shown at 12.40pm.

5.15 **to 6.55** AM **Vendetta** (2022)

Sky Cinema Greats

304 404 504 518

- 6.45** AM **Blue Hawaii** As 3.45am.
- 8.40** **The Brady Bunch Movie**
- 10.30** **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★
- 12.10** PM **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★
- 2.00** **Death Becomes Her** (1992)
- 4.00** **King Ralph** Comedy with John Goodman. (1991, PG, 97min) ★
- 5.50** **Alfie** Classic comedy drama. (1966, 15, 114min) ★★
- 8.00** **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★
- 10.10** **Saturday Night Fever** Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. (1977, 18, 119min) ★★

12.15 AM **Death Becomes Her** Fantasy. (1992, PG, 103min) ★★

2.00 **The Brady Bunch Movie** Spoof comedy. (1995, 12, 89min) ★★

3.45 **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★

5.35 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

- 6.30** AM **Happy Gilmore** As 1.40am.
- 8.10** **Sweethearts** As 3.20am.
- 9.55** **The Invention of Lying** Comedy. (2009, 12) ★★
- 11.40** **My Big Fat Greek Wedding 2** Comedy sequel. (2016, 12) ★★
- 1.20** PM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
- 2.55** **Strays** Canine comedy. (2023, 15, 93min) ★★
- 4.35** **Kangaroo Jack** (2003, PG) ★
- 6.10** **Bad Neighbours** Comedy. (2014, 15, 93min) ★★



6.10 **Bad Neighbours**

8.00 **Bad Neighbours 2** Comedy sequel starring Seth Rogen and Zac Efron. A couple seek the aid of a former rival in fighting back against the raucous college sorority that moves in next door. (2016, 15, 90min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Fear and Loathing in Las Vegas** Director Terry Gilliam's adaptation of Hunter S Thompson's cult book about a drug-fuelled trip to Las Vegas in 1971. Stars Johnny Depp and Benicio Del Toro. (1998, 18, 119min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 **M/T National Security** Comedy. (2003, 12, 88min) ★

1.40 AM **Happy Gilmore** Comedy. (1996, 12, 92min) ★★

3.20 **Sweethearts** Comedy. (2024, 15, 115min) ★★

5.15 **to 7.05** AM **My Big Fat Greek Wedding 3** Comedy sequel. (2023, 12, 92min) ★★

Sky Cinema Animation

305 412 500 514

- 6.55** AM **Sinbad: Legend of the...**
- 8.35** **Storks** (2016, U) ★★
- 10.20** **Madagascar** Animated comedy. (2005, U, 86min) ★★
- 12.00** **NOON Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★
- 2.30** PM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★
- 4.00** **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★
- 5.35** **Sing** Animated musical comedy. (2016, U, 108min) ★★
- 7.30** **Dr Seuss' The Lorax** Animated comedy adventure. (2012, U, 86min) ★★
- 9.05** **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min)
- 10.40** **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min)

12.05 AM **Sinbad: Legend of the Seven Seas** (2003, U) ★★

1.40 **The Swan Princess** Animated musical. (1994, U, 89min) ★★

3.15 **The Swan Princess: The Secret of the Castle** (1997, U) ★★

4.35 **to 6.35** AM **Deep Sea** Animated adventure. (2023, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 6.20** AM **Breaking As** 12.15am.
- 8.10** **Hypnotic** Action thriller. (2023, 15, 93min) ★★
- 9.50** **Maggie Moore(s)** Comedy thriller. (2023, 15) ★★
- 11.35** **Jack Reacher** Action thriller. (2012, 15, 130min) ★★
- 1.50** PM **Jack Reacher: Never Go Back** Thriller. (2016, 12) ★★
- 4.00** **Hanna** Action thriller. (2011, 12, 106min) ★★
- 6.00** **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★



8.00 **Ocean's Twelve**

8.00 **Ocean's Twelve** Caper thriller sequel starring George Clooney and Brad Pitt. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic criminal when they attempt to steal \$160million in Europe. (2004, 12, 125min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Oldboy** Thriller remake with Josh Brolin. A man is released after being held captive in a private prison for 20 years and given the task of solving the mystery of his incarceration. (2013, 18, 104min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Breaking** Crime drama. (2022, 15, 103min) ★★

2.10 **Shaft** Crime thriller. (2000, 18, 99min) ★★

3.55 **Crank** Action thriller. (2006, 18, 88min) ★★

5.30 **to 7.35** AM **We Own the Night** Crime drama. (2007, 15) ★★

Movies 24

312 419

- 7.00** AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
- 9.00** **Sense and Sensibility** Drama. (2024, U, 84min) ★★
- 11.00** **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
- 1.00** PM **The Presence of Love** Drama starring Eloise Mumford. (2022, PG, 84min) ★★
- 3.00** **Junebug** Fantasy drama. (2024, PG, 84min) ★★
- 5.00** **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
- 7.00** **Making Waves** Romantic comedy starring Holland Roden. (2023, PG, 84min) ★★
- 9.00** **Sweet on You** Romantic comedy starring Haylie Duff and Rob Mayes. A pie shop owner takes the chance to move on after a tragedy when she meets a man in town to claim his family land. (2023, PG, 85min) ★★
- 11.00** **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★

1.00 AM **For Love & Honey** Romantic comedy drama. (2024, U, 84min) ★★

3.00 **to 6.00** AM **Sweet as Pie** Romantic comedy drama. (2022, PG, 93min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★
- 1.05** PM **The Sons of Katie Elder** Western starring John Wayne. (1965, U, 122min) ★★
- 3.30** **Reach for the Sky** Biopic. (1956, b/w, U, 130min) ★★
- 6.25** **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★



9.00 **Kingdom of the Crystal...**

Indiana Jones and the Last Crusade (film started at 6.25pm) SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's action adventure starring Harrison Ford. In 1957, archaeologist Indiana Jones tries to stop Soviet agents from seizing a legendary crystal skull with psychic powers. With Shia LaBeouf. (2008, 12, 122min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **12 Years a Slave** Oscar-winning historical drama directed by Steve McQueen and starring Chiwetel Ejiofor and Michael Fassbender. (2013, 15, 131min) ★★

2.05 **to 3.55** AM **Locke** Steven Knight's psychological drama starring Tom Hardy. (2013, 15, 85min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Amos Burke, Secret Agent**
- 7.00** **Look at Life**
- 7.10** **The Trial of Madame X** Drama. (1948, b/w, PG, 54min) ★★
- 8.20** **At Sea in the Royal Navy**
- 8.30** **One Step Beyond** 27/39. (S2)
- 9.05** **The Gentle Trap** Thriller. (1960, PG, 58min) ★★
- 10.15** **Nowhere to Go** Suspense drama. (1958, PG, 87min) ★★
- 12.15** PM **Look at Life**
- 12.25** **Third Party Risk** Thriller. (1955, b/w, U, 70min) ★★
- 1.55** **The Brothers 10/13**. (S3)
- 3.00** **The Hellbenders** Western. (1967, 15, 90min) ★★
- 4.50** **The Life and Legend of Wyatt Earp** 28/33. (S1)
- 5.25** **The Adventures of Jim Bowie**
- 5.55** **The Texan** 28/37. (S1)
- 6.30** **The Road to D-Day**
- 7.00** **Z Cars** 21/31. (S10)
- 8.00** **Manhunt** 11/26. (S1)
- 9.05** **Maigret** 2/4. (S5)
- 10.55** **Crime Story** 8/8. (S2)

12.00 M/T **Maigret** 3/13. (S4)

1.05 AM **Day of the Nightmare** Thriller. (1965, b/w, PG) ★★

2.55 **On the Yard** Prison drama. (1978, 15, 97min) ★★

4.50 **Four Star Theatre** 26/38. (S3)

5.20 **Look at Life**

5.30 **to 6.00** AM **Richard Diamond**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	The Football Show
11.00	LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open, and WTA Doha Open.
7.30	PM LIVE EFL Sheffield United v Middlesbrough . Coverage of the Championship match staged at Bramall Lane. These two sides are battling at the top end of the table with the hosts currently fighting for an automatic promotion place, while the visitors are aiming for a place in the play-offs. Kick-off 8.00pm.
10.30	Back Pages Tonight A look at the sports headlines in tomorrow's newspapers.
11.00	Sky Sports News
11.30	Back Pages Tonight
12.00	M/T Sky Sports News
12.30	AM Back Pages Tonight
1.00	Sky Sports News
1.30	Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	to 6.00 AM Sky Sports News

TNT Sports 1

410 870 527 408 430

6.30

AM

One Day International Cricket India v England.

7.30

LIVE

One Day International Cricket India v England.
Coverage of the third and final ODI in the series from Narendra Modi Stadium in Ahmedabad.

4.30

PM

Isuzu A-League Highlights

5.00

Serie A – Full Impact

5.30

TNT Sports Reload

6.00

Fight Night

Bout previews.

6.30

LIVE

Premier League
Everton v Liverpool. Coverage of the top-flight match from Goodison Park. This fixture last season saw the hosts pick up their first home win against their rivals since 2010. Kick-off 7.30pm.

10.00

Fight Night

Beterbiev v Bivol.

11.00

One Day International Cricket

12.00

M/T

LIVE NBA Boston Celtics v San Antonio Spurs. Coverage of the inter-conference match from TD Garden. Tip-off is at 12.00m't.

2.30

AM

LIVE NBA Dallas Mavericks v Golden State Warriors.
Coverage of the Western Conference match from American Airlines Centre. Tip-off 2.30am.

5.00

Premier League Legends

5.30

to 6.00 AM

Sport in Focus

TNT Sports 4

421

876

530

411

434

6.00

AM Fishing: On the Bank

7.00

SailGP Highlights

8.00

Test Cricket Highlights Sri Lanka v Australia in the second and final Test in the series.

10.00

Fight Night Beterbiev v Bivol.

11.00

NBA Classic From 2015/16.

1.00

PM NBA Pacers v Knicks.

2.30

Suns v Grizzlies

4.00

NBA Originals Archive action.

4.30

NBA Pacers v Knicks.

6.00

Peter Crouch Meets

6.15

Ultimate Pool Group Six of the Champions League.

7.45

LIVE

UEFA Champions League Coverage of a knockout phase play-off first-leg match.

10.00

NBA Suns v Grizzlies.

11.30

Fight Night Live Chisora v Wallin

1.30

AM Ultimate Pool

3.00

SailGP Highlights

4.00

Fishing: On the Bank

5.00

Isuzu A-League Highlights

5.30

to 6.00 AM Ninja A-League Women Highlights

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	PL Retro A replay of Liverpool v Manchester City from 2018.
12.00	NOON Gary Neville's Soccerbox PM Premier League Years The best bits of the 2022/23 season.
3.00	PL Retro A replay of Liverpool v Manchester City from 2018.
5.00	Premier League Best Goals
6.00	Premier League 100 Club
6.30	Premier League Stories
7.00	Gillette Labs Soccer Special Pre-match reports and news of all tonight's goals as they go in, with studio guests keeping an eye on the big games and talking points.
10.15	Soccer Special Post-Match Reaction from tonight's fixtures, featuring post-match interviews with managers and players.
10.30	Premier League Stories A look behind the scenes.
11.00	Premier League Years
1.00	AM PL Retro Birmingham City v Aston Villa from 2002.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411 **871** **528** **409** **431**

6.00 AM **LIVE** **One Day International Cricket Sri Lanka v Australia.** The first ODI in the two-match series staged at Galle International Stadium.

1.00 PM **TNT Sports Cricket Reload**

1.30 **Serie A** Action from Italy.

3.30 **Premier League Stories**
Featuring a round-up of all the news from the top flight.

4.00 **UEFA Europa League & Conference League Magazine**
A round-up of all the latest action.

5.00 **UEFA Champions League Highlights Show** Action from the Tuesday night's knockout phase play-off first-leg matches.

6.00 **The Football's On** A humorous look at the week's football stories.

7.00 **LIVE** **UEFA Champions League** Coverage of a knockout phase play-off first-leg match.

10.30 **UEFA Champions League Highlights** All the goals from the latest set of fixtures.

11.30 **The Football's On** A humorous look at the week's football stories.

12.30 **AM Serie A – Full Impact**

1.00 **Fight Week** Review of UFC 312.

1.30 **UFC Main Event**

5.30 **to 6.00 AM** **TNT Sports Reload**

Eurosport 1

413

870

521

412

435

6.00

AM Snooker: Welsh Open

8.00

Cyclo-Cross From Lille, Belgium.

10.00

Cape to Cape 2024

11.00

Snooker: Welsh Open Action from day two in Llandudno.

1.00

LIVE Snooker: Welsh Open Coverage of the afternoon session on day three staged at Venue Cymru in Llandudno, featuring third-round matches.

5.00

SailGP Action from round three in Sydney, Australia.

6.00

Snooker: Welsh Open The afternoon session on day three.

7.00

LIVE Snooker: Welsh Open Coverage of the evening session on day three staged at Venue Cymru in Llandudno, featuring third-round matches.

11.00

Snooker: Welsh Open Action from day three in Llandudno.

1.00

AM Cycling: European Track Championships

2.00

Snooker: Welsh Open

4.00

to 6.00 AM Alpine Skiing

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL The 2019/20 play-offs.
9.00	EFL Greatest Games
10.00	Retro League One
12.00	NOON EFL A chance to see Norwich City v Preston North End.
2.00	PM Bundesliga Highlights Show Action from the German top flight.
3.00	EFL Highlights
3.30	EFL Cup Highlights
4.30	EFL Highlights
7.00	EFL Highlights AFC Wimbledon v Crewe Alexandra in League Two.
7.15	Tranmere Rovers v Fleetwood Town in League Two.
7.30	LIVE EFL Sheffield United v Middlesbrough . Coverage of the Championship match staged at Bramall Lane. The reverse fixture between the two teams back in October saw Boro's Emmanuel Latte Lath score an 80th-minute winner to help Michael Carrick's side to a 1-0 victory. Kick-off is at 8.00pm.
10.30	EFL Highlights Recent action.
12.30	AM Championship Retro
3.15	EFL Greatest Games
4.00	EFL Cup Highlights Liverpool v Cardiff City in the 2012 final.
5.00	to 6.00 AM SPFL Special: Celtic's Invincibles

TNT Sports 3

417 874 529 410 432

6.00	AM UEFA Champions League
9.00	UEFA Europa League & Conference League Magazine
10.00	Classic Premier League
11.00	Superbike World Championship
12.00	NOON UEFA Champions League Highlights Show
1.00	PM LIVE UEFA Youth League Midtjylland U19 v Manchester City U19. Coverage of the last-32 match staged at Ikast Stadion. Kick-off is at 1.00pm.
3.00	Ninja A-League Women Highlights Recent action.
3.30	Test Cricket Highlights A look back at Sri Lanka v Australia in the second and final Test in the series.
5.30	LIVE UEFA Champions League Coverage of a knockout phase play-off first-leg match.
7.45	LIVE UEFA Champions League Coverage of a knockout phase play-off first-leg fixture.
10.00	One Day International Cricket Sri Lanka v Australia: The first ODI in the two-match series staged at Galle International Stadium.
11.00	UEFA Europa League & Conference League Magazine
12.00	M/T UEFA Champions League
4.00	to 6.00 AM Serie A

Eurosport 2

414 871 522 413 436

6.00 AM Australian Open Tennis

7.30 Winter Sport Kirsty Muir.

7.45 Alpine Skiing From Austria.

8.45 **LIVE Alpine Skiing** The men's downhill from Saalbach in Austria.

10.45 Alpine Skiing From Austria.

11.45 Winter Sport Andrew Musgrave.

12.00 NOON **LIVE Alpine Skiing** The men's slalom in Saalbach, Austria.

1.15 PM **LIVE Biathlon** Coverage from Lenzerheide in Switzerland.

3.00 Alpine Skiing In Saalbach.

4.00 Show Jumping From Mexico.

5.00 Discovery Golf Interviews.

5.30 Cycling: Milan-San Remo

5.45 **LIVE Cycling: European Track Championships** Day one from Velodroom Limburg in Belgium.

8.10 Biathlon From Switzerland.

9.05 Alpine Skiing From Austria.

11.00 Cycling: European Track...

12.00 M/T Alpine Skiing From Austria.

2.00 AM Cycling: European Track...

3.00 Biathlon From Switzerland.

4.00 to 6.00 AM Snooker

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Action from 2024.
7.00	ICC Men's T20 World Cup
9.00	ICC Men's World Cup 2023
10.30	ICC Men's T20 World Cup New Zealand v Afghanistan.
11.00	WPL Mumbai Indians v Royal Challengers Bangalore from 2024.
12.00	NOON IPL Highlights from Punjab Kings v Delhi Capitals.
1.00	PM WPL Highlights.
3.00	ICC Men's T20 World Cup England v West Indies in St Lucia.
4.00	WPL Highlights from Gujarat Giants v UP Warriorz in 2024.
5.00	ICC Men's T20 World Cup A look behind the scenes at the 2024 ICC Men's T20 World Cup.
6.00	ICC Men's World Cup 2023
7.30	ICC Men's T20 World Cup
8.00	WPL Mumbai Indians v Royal Challengers Bangalore at Arun Jaitley Cricket Stadium, New Delhi.
9.00	Quest: The Official Film
10.30	ICC Men's T20 World Cup Action from India v Ireland.
11.00	WPL Gujarat Giants v UP Warriorz from New Delhi.
12.00	M/T ICC Men's T20 World Cup
1.00	AM WPL Highlights from 2024.
4.00	ICC Men's T20 World Cup
5.00	to 6.00 AM IPL

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night Azim v Davies.
8.00	NFL Highlights
9.00	Super League Highlights
10.00	NFL Highlights Cowboys v Lions.
11.00	Fight Night Jonas v Mayer.
12.00	NOON NFL Highlights
1.00	PM Good Morning Football
3.00	Blood, Sweat & Tears
4.00	Abdullah Mason: Appetite for Smoke A profile of the boxer.
4.30	Super League Highlights
5.00	NFL Highlights Action from Miami Dolphins v Buffalo Bills.
6.00	NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show.
8.00	Blood, Sweat & Tears A look ahead to Berinchyk v Davis.
9.00	Women's Super League Action from St Helens v York Valkyrie in the Grand Final.
10.00	Super League Highlights Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
11.00	NFL Highlights Action from Detroit Lions v Buffalo Bills.
12.00	M/T The Insiders The latest news.
1.00	AM Fight Night Buatsi v Azeez.
2.00	NFL Highlights Recent action.
4.00	NFL Bitesize Highlights
5.00	to 6.00 AM NFL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	The Football Show
11.00	LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open, and WTA Doha Open.
7.50	PM LIVE EFL West Bromwich Albion v Blackburn Rovers . The Championship match from the Hawthorns. Kick-off 8.00pm.
10.00	LIVE WTA & ATP Tennis Featuring the ATP Buenos Aires Open and WTA Doha Open.
1.30	AM Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00	AM LPGA Tour Golf
8.00	Ladies European Tour Golf
11.00	LPGA Tour Golf
1.00	PM Ladies European Tour Golf
4.00	LPGA Tour Golf
6.00	PGA Tour Champions Action from the Trophy Hassan II.
7.00	PGA Tour: The Cut
7.30	HotelPlanner Tour Golf Highlights Action from the Cell C Cape Town Open.
8.00	Golf's Greatest Holes
8.30	Nick Dougherty's Tee Time Tips
9.00	LPGA Tour Golf Highlights from the Founders Cup.
11.00	HotelPlanner Tour Golf Highlights Recent action.
11.30	Golf's Greatest Holes
12.00	M/T Uncommon: Building a Boston Sports Team
12.30	AM PGA Tour: The Cut
1.00	PGA Tour Golf Action from all four days of the Phoenix Open.
2.00	Ladies European Tour Golf
3.00	to 6.00 AM PGA Tour Golf

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM ATP Tennis Recent action.
7.00	WTA & ATP Tennis
11.00	LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
8.30	PM LIVE WTA & ATP Tennis Continued coverage from the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
3.00	AM ATP Sizzle Reel 2024
3.30	ATP 2024 Best of Jack Draper
3.45	Bitesize Tennis Highlights.
4.15	Tim Henman Podcast 2024
4.30	ATP Tour This Week
5.00	to 6.00 AM ATP Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Super League Highlights
7.00	Fight Night McCaskill v Price.
8.00	ICC Men's T20 World Cup
10.00	Ladies European Tour Golf
11.00	LPGA Tour Golf Founders Cup.
1.00	PM ATP Tennis Dallas Open.
2.00	WTA Tennis Abu Dhabi Open.
3.00	Formula 1 Highlights from 2024.
5.00	Super League Highlights
6.00	Fight Night International A replay of Takuma Inoue v Seiya Tsumuri from October 2024.
7.00	Blood, Sweat & Tears A look ahead to Berinchyk v Davis.
8.00	Abdullah Mason: Appetite for Smoke A profile of the boxer.
8.30	PGA Tour Golf Action from all four days of the Phoenix Open.
9.30	DP World Tour Golf Highlights from the Qatar Masters.
10.00	Formula 1 Highlights from 2024.
12.00	M/T ICC Men's T20 World Cup
1.00	AM PGA Tour Golf
2.00	DP World Tour Golf
2.30	Nick Dougherty's Tee Time Tips
3.00	Super League Highlights
4.00	to 6.00 AM PGA Tour Golf

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 A chance to see the 2024 Chinese Grand Prix at Shanghai International Circuit.
4.15	PM Ted's Notebook
4.45	The F1 Wheelchair
5.00	Formula 1 Highlights of the 2024 Chinese Grand Prix.
6.00	Formula 1 Another chance to see the 2024 Miami Grand Prix.
10.55	Ted's Notebook
11.25	F1 Explained: Parc Ferme
11.30	Lewis's Secret Cinema
12.00	M/T to 6.00 AM The Home of F1

Thursday

13 February

Evening Planner

Thursday

Factual



NEW

Tales from the Riverbank

Channel 5, 8pm

Clare Balding explores six of Britain's rivers, starting with the River Severn, to learn about their history and wildlife.

Documentary



NEW

James May's Great Explorers

Channel 5, 9pm

Explorers who have changed our world, starting with Christopher Columbus.

OnDemand



NEW

My Fault: London

Available today

Drama in which a woman (Asha Banks) forms a complicated relationship with her stepbrother.

OnDemand



NEW

NETFLIX

Cobra Kai

Available today

The last five episodes of the sixth and final season of *The Karate Kid* spin-off. Ralph Macchio stars.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den	9.00 The Apprentice	10.00 News; Local News
102 BBC2	7.00 Celebrity Antiques Road Trip	8.00 Great British Menu	9.00 Miriam Margolyes: Australia Unmasked	10.00 Apprentice...	10.30 Newsnight
103 ITV1	7.00 Emmerdale	8.00 The Martin Lewis Money Show	9.00 Beat the Chasers	10.00 News; Local News	
104 CHANNEL 4	7.00 News	8.00 The Dog House	9.00 24 Hours in A&E	10.00 Super Surgeons: A Chance at Life	
105 CHANNEL 5	7.00 Smart Meters: Are They Really Worth It?	8.00 Tales from the Riverbank	9.00 James May's Great Explorers	10.30 The Vanishings	
106 SKY SHOWCASE	7.00 The Simpsons	8.00 Rob & Romesh vs K-Pop	9.00 A League of Their Own	10.00 Tom Davis: Underdog	

ENTERTAINMENT

115 BBC3	7.00 Top Gear	8.00 Glow Up: Britain's Next Make-Up Star	9.00 The Instagram Effect	10.00 Film: Superbad
116 BBC4	7.00 The Architecture the Railways Built	8.00 The Bermuda Triangle: Beneath the...	9.00 David Lynch: Scene by Scene	9.50 Film: Blue Velvet
118 ITV2	7.00 Family Fortunes	8.00 Gordon Ramsay's Food Stars USA	9.00 Love Island: All Stars	10.05 G'wed
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs		10.00 Britain's Most Expensive Houses
135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons	9.00 Celebrity Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI	9.00 FBI: International	10.00 The Good Doctor
108 SKY ATLANTIC	6.50 Billions	7.55 Game of Thrones	9.00 The White Lotus	10.25 The Time...
110 U&GOLD	6.40 Dad's Army	8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder the Third
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 The Office
119 ITV3	6.55 Heartbeat	8.00 Vera		10.40 Good...
120 ITV4	7.00 The Motorbike Show	8.00 Junk and Disorderly	9.00 Film: The Chronicles of Riddick	10.00 Gogglebox
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Robin Hood: Men in Tights	10.00 Endeavour
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead
113 SKY MAX	7.00 Stargate SG-1	8.00 Rob & Romesh vs K-Pop	9.00 A League of Their Own	10.00 Film: One Shot
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Murdoch Mysteries	10.00 Far North
130 SKY ARTS	7.00 Landscape Artist of the Year	8.00 The Directors	9.00 Film: A Fistful of Dynamite	
132 U&W	7.00 Property Brothers: Family Flashback	8.00 Inside the Ambulance	9.00 At Home with Katherine Ryan	10.00 Crashed: \$800m Festival Fail

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Marooned with Ed Stafford	10.00 Impossible Builds
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins	8.00 Project Grizzly		10.00 Alaskan Bush People
129 NAT GEO	7.00 Air Crash Investigation	8.00 Colossal Machines	9.00 Mysterious Islands	10.00 Lawless Island
123 SKY HISTORY	7.00 Forged in Fire	8.00 Claw Hunters	9.00 Forged in Fire	10.00 Gangland Chronicles
155 U&YESTERDAY	7.00 Guy Martin's Battle of Britain	8.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics
121 SKY DOCS	7.00 Branson		9.00 An Update On Our Family	10.00 The Wimbledon Kidnapping

FILMS - Sky Cinema

301 PREMIERE	6.00 Bad Boys: Ride or Die	8.00 Furiiosa: A Mad Max Saga	10.35 Bikeriders
302 VALENTINE	6.00 How to Be Single	8.00 Two Weeks Notice	9.45 What Happens Later
303 HITS	5.40 Blue Beetle	8.00 Shazam! Fury of the Gods	10.10 The Flash
304 GREATS	6.20 Ace Ventura Pet Detective	8.00 Ace Ventura: When Nature Calls	9.40 Brewster's Millions
305 ANIMATION	7.15 The Nut Job	8.50 Deep Sea	
306 FAMILY	6.25 Scooby-Doo	8.00 Scooby-Doo 2: Monsters Unleashed	9.35 Journey to the Center of the Earth
307 ACTION	5.50 Baby Driver	8.00 300	10.00 Monkey Man
308 COMEDY	6.15 Daddy Day Care	8.00 Anger Management	9.50 Am I OK?
309 THRILLER	5.45 Ocean's Twelve	8.00 Ocean's Thirteen	10.10 Shaft
310 DRAMA	6.30 Sundown	8.00 Mr Holmes	9.50 Meet Joe Black
311 SCI-FI	6.10 A Quiet Place: Day One	8.00 Insidious: The Red Door	9.55 Arrival
313 FILM4	6.40 The Day After Tomorrow	9.00 Crush	

SPORT

401 MAIN EVENT	7.00 Premier League Darts - Live: Coverage of night two of the tournament at OVO Hydro in Glasgow		
402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Port Vale v Notts County (Kick-off 8.00)	9.00 Big Interview
404 CRICKET	6.00 History of...	7.30 ICC Men's T20...	8.00 WPL
410 TNT SPORTS 1	7.00 UEFA Europa League - Live: Coverage of a knockout phase play-off first-leg match	9.00 ICC Men's Cricket World Cup '23 - Made In India	10.00 PL Icons
411 TNT SPORTS 2	5.30 UEFA Europa League - Live: Coverage of two knockout phase play-off first-leg matches		10.30 EFL Highlights
			10.30 ICC Men's T20...
			10.30 UEFA Europa...
			10.00 The Football's On

† Denotes programmes starting before 7.00pm † Regions vary



BBC1

101 101 1 101 101

- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer **New edition** From Norfolk. (S)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 The Big Idea Works **New edition**
2.30 Rick Stein's Food Stories (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Antiques Road Trip **New edition** In Yorkshire, Natasha Raskin Sharp falls for a tumbler. (S)
4.30 The Repair Shop on the Road **New edition** The team tackle the restoration of a big red bus. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.00 Dragons' Den

- 7.00** The One Show
Alex Jones and Lauren Laverne present the topical show. (S)
7.30 EastEnders
Phil prepares to confront his inner trauma by seeking answers from his past. (S)(AD)

- 8.00** Dragons' Den **New edition** 6/14. A serial entrepreneur aims to change the way the nation buys crisps, and green-fingered business partners pitch their pre-packaged flowerbeds. (S)(AD)

- 9.00** The Apprentice **New edition** 3/12. The remaining candidates are sent to Shakespeare's birthplace – Stratford-upon-Avon – to secure nine items. (S)(AD)
 ■ The Apprentice: You're Fired follows on BBC2

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Question Time
Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Northwich to answer audience questions on subjects that have made the headlines over the past week. (S)
11.40 Newscast A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip. (S)
12.10 AM Michael McIntyre's Big Show 4/6. Featuring Josh Widdicombe, Olly Alexander, Tony Bellew and Justin Hawkins. (S)(R)
1.10 Weather for the Week Ahead (S)
1.15 to **6.00** AM BBC News (S)

BBC2

102 102 2 102 102

- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road (S)
8.00 Sign Zone: Monty Don's British Gardens (S)(R)(AD)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific (S)(R)(AD)
4.15 Earth's Greatest Spectacles (S)(R)
5.15 Flog It! From Culzean Castle in South Ayrshire. (S)(R)
6.00 Richard Osman's House of Games **New edition** Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (S)
6.30 Robson Green's Weekend Escapes **New edition** 4/15. Robson and actor Mark Benton head to the Scottish Borders. (S)(AD)



10.00 The Apprentice: You're Fired

- 7.00** Celebrity Antiques Road Trip
Derry Girls stars Ian McElhinney and Tara Lynne O'Neill go head to head in the antiques hunt, searching Aberdeenshire with the help of Paul Laidlaw and Natasha Raskin Sharp. (S)(R)

- 8.00** Great British Menu **New edition** It's judging day, and only one chef can go through to represent Scotland. RNLI volunteer and Pride of Scotland winner Ben Thompson helps to decide the winner. Hosted by Andi Oliver. (S)

- 9.00** Miriam Margolyes: Australia Unmasked 3/3. Miriam heads to South Australia, where she tackles ageism, discovers vulnerable individuals and communities, and has an eye-opening stay at a nudist club. (S)(R)(AD)

- 10.00** The Apprentice: You're Fired **New edition** 3/11. Tom Allen meets the latest candidate to be fired by Lord Sugar. (S)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 Uncanny 2/4. Danny Robins meets a charity shop manager whose staff experienced a strange encounter. (S)(R)(AD)
12.05 AM Uncanny: Post Mortem 2/4. A deeper dive into the charity shop poltergeist. (S)(R)(AD)
12.35 Sign Zone: Great British Menu Chefs from the south west compete over mains and desserts. (S)(R)
1.35 Sign Zone: First Communion (S)(R)
2.35 to **6.30** AM Previews (S)

ITV1

103 103 803 103 3 103 103 103

- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson visits Bosworth Hall in Market Bosworth, Leicestershire, where a man cashes in his gold pocket watch. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Ellie takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 Beat the Chasers

- 7.00** Emmerdale
Liam has big plans for Chas, Kerry wins the limo and plans a girls' night out, while a lads' night is also arranged. (S)(AD)

- 8.00** The Martin Lewis Money Show **New edition** The cash expert investigates marriage and divorce, discusses the nine financial benefits to being hitched, and how to take advantage of them. (S)

- 9.00** Beat the Chasers **New edition** Bradley Walsh hosts the quiz show as contestants from across the UK take on a team of Chasers, hoping to win big money. (S)

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Regional Programmes See Local Variations. (S)

- 11.15** FILM Pitch Perfect 2 Music comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella. With Skylar Astin. (S)(AD) (2015, 12, 110min) ★★★
1.05 AM Teleshopping
3.00 Lingo Game show. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 804 108 4 104 104/106

- 6.25** AM Cheers 3-5/22. (S1) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 15-18/24. (S6) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Connecticut. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** In France, a mattress proves too big to get up the stairs. (S)
5.00 Four in a Bed **New edition** The final visit of the week is to Worlington Hall in Suffolk. (S)
5.30 Come Dine with Me **New edition** Performance artist Slain hosts the fourth night in Plymouth. (S)
6.00 A Place in the Sun **New edition** Jean Johansson helps a teacher find a holiday home in Puglia. (S)



9.00 24 Hours in A&E

- 7.00** News (S)

- 8.00** The Dog House **New edition** Barley the Labradoodle hopes his latest liaison might prove to be third time lucky, while Lady, a Staffie cross, finally has a chance of finding a home after a year of searching. (S)(AD)

- 9.00** **NEW SERIES** 24 Hours in A&E Surgeons at Queen's Medical Centre in Nottingham work to save the leg of a 37-year-old after he sliced through his ankle with an angle grinder. (S)(AD)

- 10.00** Super Surgeons: A Chance at Life
Eighteen-year-old aspiring midwife Anthea has a tumour in her arm so difficult to fully remove that doctors say they may need to amputate. (S)(R)

- 11.05** 999: On the Front Line Paramedics treat a man with a badly broken arm who is high on drugs. (S)(R)
12.05 AM Manhunt (S)(SL)(R)(AD)
1.00 Ramsay's Kitchen Nightmares USA From California. (S)(SL)(R)
1.45 Big Boys (S3) (S)(SL)(R)(AD)
2.40 Go Back to Where You Came From 2/4. (S)(SL)(R)(AD)
3.35 Location, Location, Location (R)
4.30 Frasier 3-5/24. (S3) (S)(R)(AD)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM Friends (S10) (S)(R)(AD)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM PREMIERE Love, Lies and Murder Crime drama starring Mallory Jansen. (S) (2022, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun New edition Restaurant manager Georgia is running an eating competition involving spicy chicken wings. (S)(AD)
5.00 News (S)
6.00 Our Great Yorkshire Life At the Bolton Estate, the head gamekeeper completes a controlled burning. (S)(R)
6.55 News (S)



8.00 Tales from the Riverbank

- 7.00 Smart Meters: Are They Really Worth It?** Exploring the truth behind the promised benefits of smart meters. (S)(R)
7.55 News (S)
8.00 NEW SERIES Tales from the Riverbank Presenter Clare Balding tells the stories of Britain's most iconic rivers, beginning with the longest in the country – the magnificent Severn. See feature, page 20. (S)
9.00 NEW SERIES James May's Great Explorers 1/3. The presenter profiles famous explorers, beginning with Christopher Columbus, a hero for 'discovering' the USA – but he never set foot there. See feature, page 21. (S)

- 10.30 The Vanishings** New episode 2/5. David and Brennan try to get a statement from Teresa and elicit a confession from Bulger. Meanwhile, Lisa uses her resources to confirm if Bulger could be both her mother's killer and Amy's kidnapper. (S1) (S)
11.25 The Vanishings New episode 3/5. David broadens the scope of the investigation. (S1) (S)
12.25 AM Expedition: Search for the Nile Documentary. (S)(R)
1.20 PlayOJO Live Casino Show (S)
3.20 Michael Ball's Wonderful Wales
4.10 Michael Caine: The Man & the Movies Documentary. (S)(R)
5.30 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Kay Burley
8.00 Border Patrol (S)(R)(AD)
9.00 Stargate SG-1 (S1) (S)(R)
11.00 Wildlife ER (S)(R)
12.00 NOON The Flash (S7) (S)(R)
1.00 PM S.W.A.T. (S6) (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 MacGyver 15/15. (S5) (S)(R)
5.00 The Simpsons Marge the Meanie: Marge discovers a secret from her past. (S)(R)
5.30 The Longest Marge: Marge and Mr Burns fight for the soul of a football prodigy. (S)(R)
6.00 The Office (US) 23/26. Deangelo's management style causes chaos. (S)(R)
6.30 24/26. Dwight's dreams come true when he is promoted to manager. (S7) (S)(R)



8.00 Rob & Romesh vs K-Pop

- 7.00 The Simpsons** Meat Is Murder: Grampa's hidden past comes back to haunt him. (S)(R)
7.30 Poorhouse Rock: After Bart humiliates him at church, Homer teaches his son to admire him. (S)(R)
8.00 Rob & Romesh vs K-Pop Comedians Rob Beckett and Romesh Ranganathan enter the world of the music phenomenon of K-Pop, starting their journey at a sold-out NCT Dream gig at Wembley Arena. (S)(R)(AD)
9.00 A League of Their Own New edition 6/8. England and Newcastle United winger Anthony Gordon joins team captains Jamie Redknapp and Jill Scott, alongside and Micah Richards Big Zuu and Maisie Adam. (S)

- 10.00 Tom Davis: Underdog** Stand-up show in which the comedian covers topics such as leaving school with no qualifications and the difficult road to fatherhood. (S)(R)
11.15 An Idiot Abroad 1/8. Karl Pilkington goes on a world tour, beginning in China. (S)(R)
12.10 AM Veep 5/10. Ben and Kent deal with a crisis. (S)(R)(AD)
12.50 6/10. Selina faces a big decision. (S5) (S)(R)(AD)
1.30 The Force: North East (S)(R)
2.30 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 MacGyver 15/15. (S5) (S)(R)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

- SCOTLAND**
 Sky 964, Virgin 862, Freesat 964
12.10am Scotcast 12.40 Michael McIntyre's Big Show **1.40** Weather for the Week Ahead
1.45-6.00am BBC News
N. IRELAND
 Sky 966, Virgin 863, Freesat 966
10.40pm Shooting the Darkness **11.35** Question Time **12.35am** Newscast
1.05 Boarders **1.55-6.00am** BBC News
WALES
 Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

- N. IRELAND**
 Sky 969, Freesat 969
 No variations
WALES
 Sky 968, Freesat 968
1.00pm LIVE Snooker: The Welsh Open **4.30-5.15** The Edge **7.00 LIVE** Snooker: The Welsh Open **8.00** Scrum V: The Warm Up **8.30** Great British Menu **9.30-10.00** QI **11.05** Snooker: The Welsh Open **11.50** Grand Tours of Scotland's Rivers **12.20-12.35am** Coast

ITV1

- As main ITV1 except:
ANGLIA
10.45-11.15pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.15pm Around the House
LONDON
10.45-11.15pm The Late Debate
CENTRAL
10.45-11.15pm Central Lobby
GRANADA
10.45-11.15pm The Granada Debate
MERIDIAN
10.45-11.15pm The Last Word
WALES
10.45-11.15pm Wales on TV
WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate
YORKSHIRE
10.45-11.15pm Last Orders

S4C

- Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion **12.05pm** Cymru, Dad a Fi **12.30** Heno **1.00** Ceffylau Cymru **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets **6.30** Cegin Bryn: Yn Ffrainc **7.00** Heno **7.30** Newyddion **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion **9.00** Jonathan **10.00** Y Llais **11.30pm-12.00m't** Y Ty Gwyrdd

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Top Gear** Sprinter Usain Bolt is the Star in a Reasonably Priced Car.
7.55 The Catch Up
8.00 Glow Up: Britain's Next Make-Up Star 4/8. The MUAs are joined by singer-songwriter Cat Burns as they go live on TikTok to showcase their make-up tricks.
9.00 The Instagram Effect The story of the social media giant and how it became the dominant force it is today.
10.00 FILM Superbad Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★★
11.45 Boarders 3/6. (S2)
12.35 AM Such Brave Girls
1.30 Glow Up: Britain's Next Make-Up Star
2.30 Sky High Club: Scotland and Beyond
3.00 Eating with My Ex
3.30 to 4.00 AM Normal People

MORE4

136/137 831 147 18 124

- 8.55 AM Food Unwrapped**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Chris and Jolyon work on their luxury hotel-style bedroom.
5.50 Car S.O.S Fuzz Townsend and Tim Shaw secretly restore a Japanese rally car.
6.55 Tim and Fuzz surprise a bubble car owner with a fix-up of his Messerschmitt.
7.55 Grand Designs Kevin McCloud meets actor Sean Simons, who has bought the ruins of Cloontykilla Castle in Co Roscommon with a view to creating a spectacular mock 16th-century home.
9.00 Following the progress of college deputy principal Danny in North Lincolnshire, who plans on building a sustainable home among the trees in his garden.
10.00 Britain's Most Expensive Houses Featuring the sale of a Grade I listed terraced home overlooking Regent's Park lake.
11.00 Outrageous Homes
12.05 AM Guy Martin's D-Day Landing Recreating a World War Two parachute jump.
2.05 Rescue: Extreme Medics
3.10 to 3.40 AM Supermarkets Unwrapped: The Snacks Aisle

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM The Architecture of the Railways** Built Tim travels up Mount Snowdon's railway to visit the summit station.
7.45 The Flying Gardener Exotic species in Ireland.
8.00 The Bermuda Triangle: Beneath the Waves Exploration of the region.
9.00 David Lynch: Scene by Scene Mark Cousins meets US director David Lynch.
9.50 FILM Blue Velvet David Lynch's thriller starring Kyle MacLachlan and Dennis Hopper. A teenager digs beneath the placid surface of a small, American town and discovers a hellish underworld. (1986, 18, 120min) ★★★★★
11.45 FILM The Elephant Man David Lynch's drama starring Anthony Hopkins, John Hurt and John Gielgud. (1980, b/w, PG, 124min) ★★★★★
1.45 AM David Lynch: Scene by Scene As 9.00pm.
2.35 to 3.35 AM The Bermuda Triangle: Beneath the Waves

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 Brooklyn Nine-Nine
9.00 Young Sheldon
10.00 The Big Bang Theory
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Double bill.
7.30 Modern Family 2/24. Phil tries to teach his son a lesson in responsibility. (S1)
8.00 The Simpsons Waiting for Duffman: Homer becomes the new Duff beer mascot.
8.30 Peeping Mom: Marge tries to get Bart to confess his part in a bulldozer crash.
9.00 Celebrity Gogglebox Famous faces appraise Stranger Things, The Savoy and This Is MY House.
10.00 Gogglebox Opinions on Britain's Got Talent and Mary Berry's Simple Comforts.
11.05 First Dates Valentine's
12.05 AM Rick and Morty
12.35 Common Side Effects New episode Animation.
1.05 Naked Attraction
2.10 Gogglebox
3.05 Teen First Dates
4.05 Brooklyn Nine-Nine
4.55 Modern Family
5.20 to 6.00 AM The Goldbergs

+1 hour 235/236 306 30 123

Thursday

primetime

primetime



THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: Canada's Front Line Double bill.
- 11.00 The Good Doctor 6/18. (S1)
- 12.00 NOON FBI 8/13. (S6)
- 1.00 PM FBI: International (S3)
- 2.00 FBI: Most Wanted 8/13. The team search for two teens who were abducted at gunpoint during a drug deal. (S5)
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare

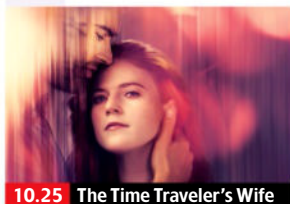


10.00 The Good Doctor

Sky Atlantic

108/109 808 342 357

- 6.00 AM Urban Secrets Double bill.
- 8.00 True Blood 28/3/12. (S1)
- 10.10 Billions 9/8/10/12. (S5)
- 12.20 PM Game of Thrones (S3)
- 1.25 Big Love 7/8/12. (S2)
- 3.35 True Blood 2/12. Bill saves Sookie from the Rattrays.
- 4.40 3/12. Tara seeks respite from her mother's rage. (S1)
- 5.45 Billions 9/12. Axe looks to take his attack to the next level.
- 6.50 10/12. Axe makes a surprise announcement, and Chuck sticks his nose in the Mase Carb financials. (S5)



10.25 The Time Traveler's Wife

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 14/8/15/22. (S6)
- 8.00 The Flash 6/18. (S7)
- 9.00 Stargate SG-1 17/8/22/21. (S1)
- 11.00 Manifest 10/13. (S3)
- 12.00 NOON The Flash 7/18. (S7)
- 1.00 PM S.W.A.T. 16/8/17/22. (S6)
- 3.00 NCIS: Los Angeles (S13)
- 4.00 MacGyver 15/15. Angus and Riley wake up in a cornfield with no memory of how they got there. (S5)
- 5.00 Manifest 9/13. Ben reunites with a duplicitous foe. (S3)
- 6.00 Stargate SG-1 17/22. The team rescue a group of aliens. (S1)



9.00 A League of Their Own

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 9.50 Secret Crush Double bill.
- 11.55 Dinner Date
- 12.55 PM Supermarket Sweep
- 2.00 Family Fortunes
- 3.00 Charmed 14/22. A reformed demon applies for a job. (S7)
- 4.00 Gilmore Girls 13/22. Taylor puts Kirk in charge of the firelight festival. (S4)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase With contestants Jenny Ryan, David Baddiel and Hollie Arnold.



10.05 G'Wed

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse
- The Wolvercote Tongue: An American tourist's body is discovered in her hotel room.
- 5.55 Heartbeat Class Act: Mike helps a schoolgirl whose teenage crush has landed her in trouble with her father.



10.00 Endeavour

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI Ring of Fire: 13/13. The Somali terrorist group behind the death of Agent Hobbs resurfaces. (S6)

9 PM

- 9.00 FBI: International Money is Meaningless: 3/22. The team jet off to Mallorca after an American is brutally murdered. (S2)

10 PM

- 10.00 The Good Doctor Trampoline: 18/18. A bar-room fight forces Shaun to seek treatment at the hospital. (S2)
- 11.00 The Rookie 3/14. (S3)
- 12.00 MT Law & Order: Organized Crime 3/22. (S2)
- 1.00 AM The Good Doctor (S1)
- 2.00 Coroner 6/12. (S4)
- 3.00 The Rookie: Feds 6/22. (S1)
- 4.00 Highway Patrol
- 5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones The Rains of Castamere: 9/10. Lord Walder Frey plays host to a wedding, Jon faces his harshest test to date and Bran discovers a new gift. (S3)

- 9.00 The White Lotus Arrevderci: 7/7. Albie asks Dominic for a karmic payment to help Lucia, and Tanya grows wary of Quentin's motives. (S2)

- 10.25 The Time Traveler's Wife 6/6. The future Clare envisioned with Henry slips out of reach. (S1)

- 11.30 Big Little Lies 7/7. Celeste questions Mary Louise about Perry's childhood. (S2)
- 12.30 AM In Treatment (S1)
- 1.00 Game of Thrones As 7.55pm.
- 2.00 Homicide: Life on the Street
- 3.00 Gomorrah 7/10. (S5)
- 4.05 to 6.00 AM The Guest Wing

+1 hour 208/209

- 7.00 Stargate SG-1 Solitudes: 18/22. O'Neill and Carter become stranded on an unknown planet when the Stargate malfunctions. (S1)

- 8.00 Rob & Romesh vs K-Pop Rob Beckett and Romesh Ranganathan enter the world of the music phenomenon of K-Pop.

- 9.00 A League of Their Own New edition Sports-based comedy quiz, with Anthony Gordon, Big Zuu and Maisie Adam.

- 10.00 FILM One Shot Action thriller starring Scott Adkins and Ryan Phillippe. (2021, 15, 96min) ★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T Rob Beckett's Smart TV With David Tennant, Sara Cox, Roisin Conaty and Lydia West.
- 12.55 AM The Force: North East A raid on the house leads officers to a drugs den.
- 2.00 Brit Cops: Law & Disorder
- 3.00 NCIS: Los Angeles 2/22. (S13)
- 4.00 MacGyver 15/15. (S5)
- 5.00 to 6.00 AM Highway Patrol

- 7.00 Family Fortunes Gino D'Acampo hosts as families from Falkirk and Essex attempt to win the £30,000 jackpot.

- 8.00 Gordon Ramsay's Food Stars USA The teams are tasked to create an enticing menu for a delivery-only restaurant.

- 9.00 Love Island: All Stars New edition The final week is full of surprises and just one question is on everyone's mind.

- 10.05 G'wed New episode Mischief Night: 2/5. Reece wants revenge on a bus driver. (S2)

- 10.40 Family Guy 1/30. Peter and Lois go on a second honeymoon. (S4)

- 11.10 Family Guy 1/7. (S1)
- 11.40 American Dad! (S1)
- 12.35 Bob's Burgers 18/8/19/22. (S10)
- 1.35 Deep Fake Neighbour Wars
- 2.05 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat Caught in the Headlights: Vernon is hired to escort singers to a gig – but offloads the responsibility onto David.

- 8.00 Vera On Harbour Street: Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street – but the residents seem rather reluctant to talk.

- 10.00 Endeavour Ride: The detective is suspended from duty, but when a body is found near his home, he conducts a secret investigation.

- 12.00 M'T Trial & Retribution 2/2. New eye-witness testimony and a television documentary about the McCready case casts doubt on the original murder investigation. (S4)

2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.30 The Entertainment Mix New edition Culture and arts news, presented by Michelle McManus.
- 8.00 The Repair Shop on the Road New edition Restoring a historic carriage in Musselburgh.
- 8.45 Rewind 1990s The TV, music and news of 1992.
- 9.00 Mrs Brown's Boys 6/6. Newlyweds Dermot and Maria fall out. (S1)
- 9.30 Two Doors Down 6/6. Beth hosts a baby shower for Sophie. (S2)
- 10.00 Scot Squad 4/5. PC Charlie MacIntosh is offered an exciting opportunity. (S7)
- 10.30 Limmy's Homemade Show 2/3. Limmy reveals his secret life.
- 11.00 Scotcast New edition
- 11.30 PM to 12.00 MT Growing Up Scottish

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Mr Mayor (S2)
- 9.00 The Conners (S4)
- 10.00 Hung 3/4/10. (S1)
- 11.20 High Maintenance
- 12.40 PM Entourage (S8)
- 1.45 Hung 3/4/10. (S1)
- 3.05 High Maintenance
- 4.25 Wellington Paranormal
- 5.00 Mr Mayor 8/8/10. (S2)
- 6.00 The Office (US) (S7)
- 7.00 The Conners (S4)
- 8.00 Mr Mayor 2/8/10. (S2)
- 9.00 SNL50: Beyond Saturday Night Series finale 4/4. The story of Saturday Night Live's tumultuous 1985-1986 season.
- 10.10 Tom Davis: Underdog Stand-up performance.
- 11.25 The Tonight Show Starring Jimmy Fallon New edition Chat show.
- 12.25 AM Veep 5/6/10. (S5)
- 1.40 Romantic Getaway
- 2.30 In the Long Run (S2)
- 3.20 Flight of the Conchords
- 4.20 to 5.00 AM High Maintenance

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Darbar Festival
- 8.00 The Joy of Painting
- 9.00 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Portrait Artist of the Year 2020
- 1.00 PM Tales of the ...
- 2.00 The Art of the Garden
- 3.00 Discovering
- 4.00 Guy Garvey: From the Vaults
- 5.00 Portrait Artist 2020
- 6.00 Tales of the Unexpected
- 7.00 Landscape Artist of the Year From London.
- 8.00 The Directors
- 9.00 FILM A Fistful of Dynamite Western. (1972, 15, 150min) ★★★
- 11.55 Discovering Westerns on Film
- 1.30 AM Music Icons
- 2.00 NEW Luther: Never Too Much
- 4.05 Classic Movies: The Story of Terminator 2: Judgment Day
- 5.05 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Monkey Life
- 10.00 Stop, Search, Seize
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 3/26. (S7)
- 5.00 Stargate Atlantis (S1)
- 6.00 Star Trek: Deep Space Nine 23/26. (S7)
- 7.00 Star Trek: Voyager (S4)
- 8.00 Hawaii Five-0 (S8)
- 9.00 Ireland's Most Evil Killers The 2001 murder of Mary Gough.
- 10.00 The murder of Farah Swaleh Noor.
- 11.00 How I Caught the Killer
- 12.00 MT Snapped
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: Law & Disorder Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds New edition DIY series.
- 8.10 Olivia Meets Her Match
- 9.10 Judi Love's Culinary...
- 10.10 Making It Home...
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her...
- 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of New Jersey New edition
- 6.00 Making It Home with Kortney & Kenny
- 7.00 Judi Love's Culinary Cruise From Kefalonia.
- 8.00 Dinner Date
- 9.00 Million Pound Pawn
- 10.00 Botched by Nature
- 11.00 The Real Housewives of Miami Reality series.
- 11.55 The Only Way Is Essex
- 1.10 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 3/22. (S3)
- 11.00 Sue Thomas: F.B.Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 8/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H (S10 & 11)
- 9.00 Randall and Hopkirk (Deceased) The Man from Nowhere: 15/26. Jeannie has a strange encounter. (S1)
- 10.00 The Avengers From Venus with Love: 1/24. The duo investigate the strange deaths of several astronomers. (S5)
- 11.00 The Persuaders! (S1)
- 12.00 MT M*A*S*H (S10 & 11)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
- 7.05 The Professionals
- 8.10 The Memoirs of Sherlock Holmes Murder mystery.
- 9.20 Magnum, PI
- 10.20 Kojak
- 11.25 BattleBots
- 12.30 PM The Memoirs of Sherlock Holmes Murder mystery.
- 1.35 Magnum, PI
- 2.40 Kojak
- 3.45 Minder
- 4.55 BattleBots **New edition**
- 5.55 Beat the Chasers



9.00 The Chronicles of Riddick

- 7.00 **The Motorbike Show** Henry Cole rides through southern France, where he finds some of the twistiest roads imaginable.
- 8.00 **Junk and Disorderly** Henry, Allen and Guy take possession of the Buick Roadmaster they worked so hard to own.
- 9.00 **FILM The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black* starring Vin Diesel. Intergalactic fugitive Riddick encounters a ruthless race of warriors who are determined to take over the universe. (2004, 15, 119min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.20 **Auf Wiedersehen, Pet** 7/13. Dennis plans a romantic encounter with Dagmar. 12.20 AM 8/13. The lads help a fugitive squaddie. (S1)
- 1.25 **Two and a Half Men** (S1)
- 2.15 **The Protectors**
- 2.45 to 3.00 AM **Unwind with ITV**

+1 hour 220 318 118

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
- 9.30 **Sun, Sea and Selling Houses** Double bill.
- 11.30 **A Place in the Sun**
- 2.30 PM **Come Dine with Me**
- 5.00 **A Place in the Sun**
- 6.00 **Location, Location, Location** In Edinburgh.
- 7.00 **Kirstie and Phil's Love It or List It** Help for a Wolverhampton couple.
- 8.00 **Our Welsh Chapel** Dream Keith Brymer Jones and his partner Marj restore a 160-year-old derelict chapel.
- 9.00 **FILM The Lost City** Comedy adventure starring Sandra Bullock, Channing Tatum and Daniel Radcliffe. (2022, 12, 112min) ★★★★★
- 11.15 **Gogglebox**
- 12.20 AM **Celebrity Gogglebox**
- 1.20 **First Dates**
- 2.25 **999: On the Front Line**
- 3.30 **24 Hours in A&E**
- 4.25 to 4.55 AM **Food Unwrapped's Nordic Adventure**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM **Most Haunted**
- 8.00 **Teleshopping**
- 11.00 **Star Trek: The Next Generation** 20/26. (S3)
- 12.00 **NOON Star Trek: Voyager**
- 1.00 PM **Star Trek: Deep Space Nine** 9/26. (S6)
- 2.00 **Warehouse 13** 3/13. (S3)
- 3.00 **Stargate SG-1** 2/20. (S9)
- 4.00 **Star Trek: Voyager** (S2)
- 5.00 **Star Trek: Deep Space Nine**
- 6.00 **Star Trek: The Next Generation** 20/26. The *Enterprise* establishes contact with a new life form. (S3)



11.00 The Tomorrow Job

- 7.00 **Warehouse 13** *Love Sick* 3/13. A spate of deaths occurs in which women turn to clay. (S3)
- 8.00 **Stargate SG-1** *Avalon - Part Two* 2/20. Daniel Jackson and Vala find themselves transported to a strange planet. (S9)
- 9.00 **Grimm** *The Bottle Imp* 7/22. Nick and Hank investigate a murder, which leads them to a dangerous fugitive. (S2)
- 10.00 **The Walking Dead** *Home* 10/16. The Governor restores order and makes plans to punish those responsible. (S3)
- 11.00 **FILM The Tomorrow Job** Sci-fi adventure starring Grant Schumacher and Caitlin Duffy. (2023, 15, 105min) ★★
- 1.00 AM **True Blood** 9/12. Bill breaks a vampire taboo.
- 2.00 10/12. Sam shares his secret with Sookie. (S1)
- 3.00 **Room 104** 11/12. (S4)
- 4.00 to 6.00 AM **Most Haunted**

+1 hour 209/210 314

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S10)
- 9.00 **Father Brown**
- 10.00 **The Doctor Blake Mysteries**
- 11.00 **Hudson & Rex** 14/16. (S3)
- 12.00 **NOON The Mentalist** (S4)
- 1.00 PM **Death in Paradise** (S5)
- 2.00 **Murdoch Mysteries** (S10)
- 4.00 **The Doctor Blake Mysteries**
- 5.00 **Hudson & Rex** 14/16. After Jesse's friend vanishes, Charlie and Rex discover the man was living two separate lives. (S3)
- 6.00 **Father Brown** *The Enigma of Antigoni*: An ex-health spa employee is found murdered.



10.00 Far North

- 7.00 **The Mentalist** *Pink Champagne on Ice* 19/24. Jane sets up a robbery to catch a murderer. With Christopher Judge. (S4)
- 8.00 **White Collar** *Diminishing Returns* 3/16. Peter investigates a brilliant thief who has avoided the FBI's capture for years. (S4)
- 9.00 **Murdoch Mysteries** *New episode Only* *Murdoch in the Building* 2/22. Murdoch moves into a rooming house. (S18)
- 10.00 **Far North** *Series finale* 6/6. Ed and Heather confront the cops. (S1) ■ Entire series on U
- 11.00 **The Mentalist** As 7.00pm.
- 12.00 **MT White Collar** As 8.00pm.
- 1.00 AM **CSI: Vegas** 3/10. The bodies of two impersonators are discovered. (S3)
- 1.55 **So Help Me Todd** 14/21. (S1)
- 2.55 to 4.00 AM **Murdoch Mysteries**

+1 hour 210/211 324

U&Gold

110/111 810 124 344 359

- 7.30 AM **Highlights**
- 9.20 **The Green Green Grass**
- 10.00 **Are You Being Served?**
- 10.40 **Porridge**
- 11.20 **Last of the Summer Wine**
- 12.35 PM **The Green Green Grass**
- 1.20 **The Good Life**
- 2.00 **Dad's Army**
- 2.40 **Porridge**
- 3.20 **Are You Being Served?**
- 4.00 **Last of the Summer Wine**
- 5.20 **The Green Green Grass**
- 6.00 **Are You Being Served?**
- 6.40 **Dad's Army**



10.00 The Office

- 7.20 **Dad's Army** Mainwaring's bumbling platoon take part in a training exercise with the regular army.
- 8.00 **The Good Life** Perky the pig gives birth to her litter in the middle of the night.
- 8.40 **The Thin Blue Line** Patricia protests against a proposed bypass.
- 9.20 **Blackadder the Third** Prince George hires two actors to improve his speech-making.
- 10.00 **The Office** David is in his element as the staff prove how wacky they can be for Red Nose Day.
- 10.40 **The Good Life** As 8pm.
- 11.20 **The Thin Blue Line**
- 12.00 **MT Blackadder the Third**
- 12.40 AM **The Office** As 10.00pm.
- 1.20 **Toast of London** Steven meets his new girlfriend's aristocratic father.
- 1.55 **The Real McCoy**
- 2.35 to 4.00 AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM **The Hairy Bikers' Asian Adventure** From Japan.
- 8.00 **Cop Car Workshop**
- 10.00 **Robson's Extreme Fishing Challenge** Double bill.
- 12.00 **NOON American Pickers**
- 2.00 PM **Guy Martin's Battle of Britain** 1/2. Guy trains as a World War Two fighter pilot.
- 3.00 **Top Gear** Double bill.
- 5.00 **Hairy Bikers' Best of British** Si and Dave explore the nation's love of beer and cider.
- 6.00 **Rick Stein's Long Weekends** A culinary break in Lisbon.



7.00 Would I Lie to You?

- 7.00 **Would I Lie to You?** With Bill Oddie, Frank Skinner, Jon Richardson and Sarah Millican.
- 7.40 **Richard Osman's House of Games** With Thanyia Moore and Kaye Adams. 8.20 With Ruby Bhogal, Ed Byrne, Ingrid Oliver and Matthew Pinsent.
- 9.00 **QI XL** Guests Matt Lucas, Liza Tarbuck and Romesh Ranganathan join regular panellist Alan Davies and host Sandi Toksvig.
- 10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Zoe Lyons and Feargal Sharkey.
- 11.00 **Taskmaster** With Richard Osman and Katherine Ryan.
- 12.00 **MT Mock the Week**
- 12.40 AM **Would I Lie to You? - The Unseen Bits**
- 1.20 **Would I Lie to You?**
- 2.00 **Hate Thy Neighbour**
- 2.45 to 4.00 AM **Hypothetical**

+1 hour 211/212 327 74

5USA

141/169 120/162 21 129

- 9.00 AM **NCIS** 3-5/24. (S9)
- 12.00 **NOON Law & Order**
- 6.00 PM **NCIS** *The Good Son* 19/24. Vance's brother-in-law is linked to the murder of a petty officer.
- 7.00 **The Missionary** *Position* 20/24. A US Navy chaplain is kidnapped in Colombia.
- 8.00 **Rekindled** 21/24. Gibbs and the team track an arsonist. (S9)
- 9.00 **Blue Bloods** *Stamping Ground* 13/22. Frank deals with the aftermath of a shooting. (S6)
- 10.00 **Law & Order: Special Victims Unit** *Presumed Guilty* 10/24. Detective Tutuola gets entangled in a church scandal. (S14)
- 11.00 **Law & Order: Special Victims Unit** (S14&13)
- 1.55 AM **Criminal Minds** (S10)
- 2.50 **New York Undercover**
- 3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **22 Kids & Counting**
- 9.00 **Bargain-Loving Brits in the Sun** Documentary.
- 10.00 **Nightmare Tenants, Slum Landlords**
- 11.00 **Traffic Cops** Triple bill.
- 2.00 PM **Police Interceptors**
- 5.00 **Car Pound Cops**
- 6.00 **Home and Away**
- 7.00 **GPs: Behind Closed Doors** A crash course in skin tag removal.
- 8.00 **Casualty** 24/7: Every Second Counts
- 9.00 **A&E After Dark** A man is involved in a motorbike collision with a deer.
- 10.00 **Ambulance: Code Red**
- 11.00 **Skin A&E**
- 12.00 **MT 999: Emergency** Call Out Documentary.
- 1.00 AM **GPs: Behind Closed Doors** Medical series.
- 2.00 **Casualty** 24/7: Every Second Counts
- 2.50 **Police Interceptors**
- 3.35 to 4.00 AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Outback Truckers**
- 10.00 **Traffic Cops**
- 11.00 **Police Interceptors**
- 12.00 **NOON The Gambler Returns: The Luck of the Draw** Western.
- 1.55 PM **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
- 4.00 **Outback Truckers**
- 5.00 **Traffic Cops**
- 6.00 **Police Interceptors** The police are led on a chase across London.
- 7.00 **Officers** pursue a group of car thieves.
- 8.00 **The unit** chase a drug dealer in Essex.
- 9.00 **Trucking Heavy**
- 10.00 **Outback Truckers**
- 11.00 **Coastguard: Search & Rescue** SOS
- 12.00 **MT World's Strongest Man** 2024 Highlights from the opening heat.
- 1.00 AM **Police Interceptors**
- 2.00 **Trucking Hell**
- 3.50 to 4.00 AM **Entertainment News**

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
- 7.00 **My Dream Home**
- 8.00 **Tipping Point**
- 11.00 **DIY SOS: The Big Build**
- 1.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **DIY SOS: The Big Build**
- 7.00 **Property Brothers: Family Flashback**
- 8.00 **Inside the Ambulance**
- 9.00 **At Home with Katherine Ryan** The comedian prepares to embark on a 10-month tour, leaving husband Bobby in charge.
- 10.00 **Crashed: \$800m Festival Fail** The spectacular rise and fall of British music and festival company Pollen.
- 11.15 **Red Flag** Documentary.
- 12.15 AM **Louis Theroux: Surviving America's Most Hated Family**
- 1.25 to 3.00 AM **Celebrity MasterChef Australia**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.15 AM **All Creatures Great and Small**
- 8.05 **Doctors**
- 9.15 **Holby City**
- 10.35 **Classic Casualty**
- 11.40 **The Bill**
- 12.40 PM **Classic EastEnders**
- 2.00 **Eldorado**
- 3.20 **Bergerac**
- 4.25 **All Creatures Great and Small**
- 5.25 **The Upper Hand**
- 6.00 **As Time Goes By**
- 6.40 **Last of the Summer Wine** Double bill.
- 8.00 **Mrs Sidhu Investigates** *On the Ropes* 4/4. The crime-solving caterer has a gig at a major boxing championship bout.
- 10.00 **New Tricks** *Dark Chocolate*: The team reinvestigate a recent rape linked to two unsolved attacks.
- 11.20 **Bergerac**
- 12.20 AM **Lovejoy**
- 2.35 to 4.00 AM **Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Really

142 128 17 145

- 6.00 AM Fantasy Homes by the Sea From Portugal.
7.00 Teleshopping
8.00 Salvage Hunters
11.00 A Place in the Sun
1.00 PM Money for Nothing
3.00 Antiques Road Trip
5.00 The Yorkshire Auction House Double bill.
7.00 Antiques Road Trip
9.00 Destinations of the Damned with Zak Bagans **New edition** The team document unexplained paranormal threats at haunted hotels in Wales and Costa Rica.
10.00 The Dead Files **New edition** Steve DiSchiaui and Amy Allan investigate paranormal activity threatening the lives of a West Virginia father and his family.
11.00 Celebrity Help! My House Is Haunted
2.00 AM Teleshopping
4.00 to 6.00 AM Salvage Hunters

DMAX

159 169 39 147

- 6.00 AM Alaska: The Last Frontier Double bill.
8.00 Outback Opal Hunters
9.00 Deadliest Catch
11.00 Alaska: Homestead Rescue Documentary.
1.00 PM LIVE Snooker: Welsh Open Coverage of the afternoon session on day four at Venue Cymru in Llandudno, featuring third-round matches.
5.00 Alaskan Bush People
7.00 Deadliest Catch The Time Bandit appears in the Northern Grounds just as Josh and Casey need him most.
8.00 As seawater floods in, Wild Bill's crew rush to find a hole in the hull.
9.00 Monsters Inside Me
11.00 Aussie Gold Hunters
12.00 M'T Naked and Afraid XL Documentary.
2.00 AM Teleshopping
5.00 to 6.00 AM Building Alaska

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM Building Alaska
8.00 A Place in the Sun
10.00 Escape to the Country
12.00 NOON My Lottery Dream Home
2.00 PM A Place in the Sun
3.00 Escape to the Country
5.00 A Place in the Sun
8.00 Escape to the Country
9.00 **NEW SERIES** Christina in the Country Christina Haack is back in the country to help a couple remodel their home.
10.00 Flipping 101 with Tarek El Moussa Tarek steps in to help a flipping trio get better results with their latest house.
11.00 Home Town A family of five moving inland from the Mississippi coast.
12.00 M'T Good Bones
1.00 AM Building Alaska
2.00 Flip or Flop Double bill.
3.00 to 4.00 AM My Lottery Dream Home

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM The Chase
10.00 The Crystal Maze
11.00 Cash in the Attic
12.00 NOON Tenable
1.00 PM Family Fortunes
3.00 Catchphrase Double bill of the game show.
4.00 Blockbusters Double bill of the quiz show.
5.00 The Crystal Maze Game show hosted by Richard O'Brien.
6.00 Through the Keyhole Double bill of editions.
7.00 Tenable A team of five family members compete in the quiz show hosted by Warwick Davis.
8.00 The Chase Double bill of the quiz show hosted by Bradley Walsh.
10.00 Tenable As 7.00pm.
11.00 Bullseye Double bill of the darts-based quiz.
12.00 M'T Weakest Link
1.00 AM The Crystal Maze
2.00 The Chase Double bill.
4.00 Tenable As 7.00pm.
5.00 to 6.00 AM Bullseye

Food Network

140/141 190 43 148

- 6.00 AM Last Bite Hotel
7.00 The Pioneer Woman
9.00 Nigella Bites
11.00 Great British Bake Off
1.00 PM Rick Stein's Food Heroes: Another Helping Double bill.
2.00 James Martin's French Adventure
3.00 The Pioneer Woman
5.00 Nigella Bites
7.00 Great British Bake Off
9.00 Rick Stein's Food Heroes: Another Helping Double bill.
11.00 James Martin's French Adventure
11.00 Diners, Drive-Ins and Dives **New edition** Guy Fieri digs into mega meatballs in California.
11.30 **NEW SERIES** Diners, Drive-Ins and Dives
12.00 M'T Diners, Drive-Ins and Dives Double bill.
1.00 AM Man v Food
2.00 to 3.00 AM Guy's Grocery Games

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM Extreme Cheapskates
8.00 Flip or Flop
9.00 Say Yes to the Dress
11.00 My 600lb Life
12.00 NOON Dr Pimple Popper Medical series.
1.00 PM sMothered
2.00 Return to Amish: Mary
3.00 Outdaughtered: Busby Quints
5.00 My 600lb Life
6.00 Dr Pimple Popper
7.00 Say Yes to the Dress
8.00 I Didn't Know I Was Pregnant Double bill.
9.00 My 600lb Life
11.00 Sex Sent Me to the ER
12.00 M'T Bugs, Bites and Parasites: Tropical Diseases Uncovered
1.00 AM Extreme Couponing
2.00 My 600lb Life
4.00 I Didn't Know I Was Pregnant Double bill.
5.00 to 6.00 AM Extreme Cheapskates

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM Wild West Chronicles Western.
8.30 Wanted: Dead or Alive
9.00 **FILM** Cowboy Western. (1958, PG, 90min) ★★
11.00 The High Chaparral
12.00 NOON Wanted: Dead or Alive Double bill.
1.00 PM **FILM** The Lone Gun Western. (1954, U) ★★
2.45 **FILM** The Last Days of Frank and Jesse James Western. (1985, PG, 99min) ★★
5.00 Wanted: Dead or Alive
7.00 The High Chaparral
8.00 The Avengers
9.00 **FILM** Half Past Dead Action thriller. (2002, 15, 98min) ★★
11.00 **FILM** Contract to Kill Action adventure. (2016, 15, 90min) ★★
1.00 AM **FILM** Ice Twisters Thriller with Mark Moses. (2009, PG, 91min) ★★
3.10 to 5.00 AM Wild West Chronicles

+1 hour 324

Legend

148 149 41 137

- 8.00 AM Walker, Texas Ranger 23/25. (S2)
9.00 Six Million Dollar Man
10.00 T.J. Hooker 17/22. (S3)
11.00 **FILM** Riddles of the Sphinx Adventure. (2008, 12, 89min) ★★
12.55 PM **FILM** Sitting Bull Western drama. (1954, U, 106min) ★★
3.00 **FILM** September Gun Western adventure. (1983, PG, 90min) ★★
5.00 Star Trek 22/30. (S1)
6.00 T.J. Hooker 18/22. (S3)
7.00 Six Million Dollar Man
8.00 Walker, Texas Ranger
9.00 **FILM** Black Eagle Martial arts spy thriller. (1988, 15, 100min) ★
1.10 AM **FILM** Dog Eat Dog Thriller. (2015, 18) ★★
3.05 to 4.50 AM **FILM** Vampire Circus Horror. (1971, 15, 87min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM Most Ridiculous
9.00 Guessable?
10.00 Home Improvement
12.00 NOON Last Man Standing 98/10/24. (S1)
1.00 PM Friends (S4)
8.00 Friends 1/24. Ross is forced to face the music.
8.30 2/24. Rachel returns from Greece. (S5)
9.00 **FILM** Robin Hood: Men in Tights Mel Brooks' spoof of the Robin Hood legend, with Cary Elwes. (1993, PG, 102min) ★★
11.05 The Best of Mr Bean
12.05 AM Al Murray: The Pub Landlord - Live at the Palladium Stand-up.
1.05 Beavis and Butt-Head
2.05 Whose Line Is It Anyway? USA
3.05 Chris Ramsey: Approval Needed
3.50 The Daily Show **New edition** Talk show.
4.15 to 5.00 AM Friends

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM** A Wicked Vendetta Thriller. (2018, 12, 90min) ★★
10.55 **FILM** The Work Wife Drama. (2018, PG) ★★
1.00 PM **FILM** The Bad Twin Psychological thriller. (2016, PG, 90min) ★★
3.00 **FILM** Staged Killer Thriller. (2019, 12) ★★
5.00 **FILM** Garage Sale Mystery: Picture a Murder Crime drama. (2018, PG, 90min) ★★
7.00 Perception Double bill.
9.00 **FILM** Gone Baby Gone Urban crime drama with Casey Affleck. (2007, 15, 109min) ★★
11.30 **FILM** Match Point Psychological thriller. (2005, 12, 124min) ★★
2.05 AM **FILM** My Mother's Stalker Thriller. (2018, 12, 85min) ★
4.00 to 6.00 AM **FILM** Deviant Love Thriller. (2019, 12, 87min) ★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM Impact 2/2. (S1)
8.00 **FILM** Warbirds Sci-fi drama with Jamie Elie Mann and Lucy Faust. (2008, 15, 87min) ★★
10.00 Farscape 21/22. (S1)
11.00 Impact 1/2. (S1)
1.00 PM **FILM** Coast of Skeletons Adventure sequel with Richard Todd. (1964, U, 90min) ★★
3.00 Farscape 21/22. (S1)
4.00 Star Trek 30/30. (S1)
5.00 Impact 2/2. (S1)
7.00 Farscape 22/22. (S1)
8.00 Star Trek 1/26. (S2)
9.00 **FILM** Any Bullet Will Do Western starring Kevin Makely, Bruce Davison and Jenny Curtis. (2018, 15, 110min) ★★
11.05 **FILM** The Sorcerers Low-budget chiller starring Boris Karloff. (1967, 15, 85min) ★★
1.00 to 3.00 AM **FILM** Sacrifice Horror. (2020, 15, 87min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM Home Improvement
7.00 Teleshopping
9.00 Impractical Jokers
10.00 Becker 14&15/22. (S1)
11.00 Friends (S4)
1.00 PM Criminally Funny
2.30 Impractical Jokers
3.00 Whose Line Is It Anyway? USA
4.00 Guessable?
5.00 Becker 14&15/22. (S1)
6.00 Home Improvement
8.00 Last Man Standing 9/24. Mandy seeks revenge on her boyfriend.
8.30 10/24. Ryan is back for Christmas, but Mike is not happy. (S1)
9.00 Whose Line Is It Anyway? USA
10.00 Friends (S3&4)
1.00 AM Ren & Stimpy Show
2.00 The Roast of William Shatner
3.30 Al Murray: Beautiful British Tour - Live at the O2 Stand-up.
5.15 to 6.00 AM Home Improvement

GREAT! romance

319 424 52

- 8.00 AM **FILM** A Dash of Love Romantic drama. (2017, PG, 83min) ★★
10.00 **FILM** Love in Design Romantic comedy. (2018, PG, 86min) ★★
12.05 PM **FILM** Matching Hearts Romantic drama. (2020, PG, 100min) ★★
2.00 **FILM** Same Time Next Week Drama. (2016, PG, 90min) ★★
4.05 **FILM** Mid-Love Crisis Drama. (2022, PG) ★★
6.05 **FILM** Can't Buy My Love Romantic comedy. (2017, PG, 90min) ★★
8.00 **FILM** Royally Ever After Romantic comedy. (2018, PG, 85min) ★★
9.55 **FILM** Key to Love Drama. (2023, U) ★★
11.55 **FILM** Shifting Gears Drama. (2024, U) ★★
2.00 AM Highway to Heaven
3.00 to 5.00 AM **FILM** The Vows We Keep Drama. (2021, U, 84min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM Dickinson's Real Deal From Crewe.
6.40 Pawn Stars
7.30 Auction Hunters
7.55 Storage Wars: Texas
8.55 Hardcore Pawn
10.15 Alien Disclosure Files
11.10 Strange Evidence
12.10 PM What on Earth? 1.05 Mysteries from Above
2.05 Pawn Stars
3.05 Storage Wars: Texas
4.00 Ancient Aliens
6.00 Alien Disclosure Files
7.00 Pawn Stars
8.00 Dickinson's Real Deal
9.00 In Search of Aliens
10.00 The Proof Is Out There
11.00 Close Encounters
12.00 M'T Alien Files: Unsealed
1.00 AM Alien Disclosure Files Double bill.
2.00 Strange Evidence
3.00 Hardcore Pawn
3.25 Salvage Kings
4.10 to 6.00 AM Ancient Aliens: The Ultimate Evidence

Sky Replay

152 156

- 7.00 AM Sixth Sense with Colin Fry Double bill.
8.00 Four Weddings
10.00 Highway Patrol
11.00 Border Patrol
12.00 NOON The Rookie (S4)
2.00 PM The Real A&E
3.00 Highway Patrol
4.00 Border Patrol
5.00 Air Ambulance ER
6.00 The Flash P.O.W.: 16/18. John Diggle arrives in Central City with a weapon to help Barry stop the Godspeed War. (S7)
7.00 MacGyver (S3)
9.00 The Force: Manchester
11.00 Road Wars
12.00 M'T The Russell Howard Hour Double bill.
2.00 AM A League of Their Own With Guz Khan.
3.00 Duck Quacks Don't Echo With Jason Byrne.
4.00 Four Weddings
5.00 to 6.00 AM Sixth Sense with Colin Fry

Rewind TV

182 95

- 6.00 AM Highlights
8.30 Huckleberry Finn
9.00 Sherlock Holmes
10.00 Time After Time (S1)
10.30 Watching 7/7. (S6)
11.00 Diff'rent Strokes (S1)
11.30 I Dream of Jeannie
12.00 NOON Shine on Harvey Moon 1/8. (S4)
1.00 PM The Zoo Gang (S1)
2.00 The Prisoner 4/17. (S1)
3.00 Whicker's World
4.00 Bubblegum & Cheese
5.00 Diff'rent Strokes (S1)
5.30 Watching 7/7. (S6)
6.00 I Dream of Jeannie
6.30 Thriller 3/8. (S2)
7.50 Mysterious Tales
8.00 The Prisoner 4/17. (S1)
9.00 Police Woman (S1)
10.00 Game On 4/6. (S1)
10.35 Drop the Dead Donkey
11.05 The Mrs Merton Show
11.40 Thriller 3/8. (S2)
1.00 AM Shine on Harvey...
2.00 Whicker's World
3.00 Monkey 26/26. (S1)
3.55 to 6.00 AM Highlights

5SELECT

153 138 46 133

- 9.00 AM World's Most Scenic Railway Journeys
10.00 Cumbria: The Lakes & the Coast
11.00 Ben Fogle: New Lives in the Wild Double bill.
1.00 PM The Yorkshire Vet
3.00 Murder, She Wrote
4.00 Columbo
5.30 Walking Tudor Britain
6.00 World's Most Scenic Railway Journeys From Devon and Cornwall.
7.00 Ben Fogle: New Lives in the Wild Double bill.
9.00 Kate & Queen Elizabeth: A Special Relationship The bond between the Princess of Wales and Elizabeth II.
10.00 Paul Burrell: Royal Service, Royal Scandal
11.00 Prisoner: Cell Block H
1.05 Bargain-Loving Brits in the Sun Double bill.
3.05 Cumbria: The Lakes & the Coast
3.55 to 4.00 AM Entertainment News

MTV

126/127 824 134

- 6.00 AM The Hills
6.20 16 and Pregnant
7.10 Teen Mom OG
9.00 Teen Mom 2
11.00 Catfish: The TV Show
1.00 PM Catfish: Repeat Offenders Reality show.
2.00 Catfish: The TV Show
4.00 Catfish: Repeat Offenders Reality series.
5.00 Catfish: The TV Show
6.00 Catfish: Teams
7.00 Teen Mom: The Next Chapter Reality series.
8.00 Rich Kids Go Skint
9.00 Teen Mom: The Next Chapter Leah's twins start high school.
10.00 Georgie Shore
11.00 Jersey Shore Family Vacation
12.00 M'T Love & Hip Hop: Atlanta **New edition** Zane is in a royal mess after Amy spills the tea about his London ladies.
1.00 AM Ink Master
2.45 Ex on the Beach
3.35 to 4.00 AM Teen Crips

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Documentary.
 3.00 **Gold Divers** Chris McCully embarks on a three-person, 15-hour diving marathon.
 4.00 The fleet scramble to get mining before a storm.
 5.00 **Deadliest Catch** The work of Alaskan crab fishermen.
 6.00 **Wheeler Dealers** The duo work on a Caterham Seven.

9.00 **Marooned with Ed Stafford**

- 7.00 **Salvage Hunters** Drew Pritchard visits a Welsh castle to solve a centuries-old salvage mystery, but it proves to be tricky.
 8.00 **Kindig Customs** While not the most popular model, the Fox Body Mustang that rolls into the shop needs a lot of love.
 9.00 **Marooned with Ed Stafford** **New edition** Ed must navigate razor-sharp rocks among the karst spires of Guangxi China.
 10.00 **Impossible Builds** A look at the creation of some of the world's most technologically advanced buildings.
 11.00 **Expedition Unknown**
 12.00 **MT Street Outlaws: Locals Only** In Ohio, Farmtruck and AZN pick eight local racers.
 1.00 AM **Marooned with Ed Stafford** As 9.00pm.
 2.00 **Impossible Builds**
 3.00 **Iron Resurrection**
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
 9.00 **Crikey! It's the Irwins**
 10.00 **Dogs 101** Family pets.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Lair of the Killer Crocs**
 3.00 **Monster Croc Invasion**
 4.00 **Dogs 101** How different breeds of dogs behave.
 5.00 **Alaska: Homestead Rescue** The Raney's help a couple with a toxic salt water well.
 6.00 **Animal Cribbs** Antonio designs a build for Gentle Barn.

8.00 **Project Grizzly**

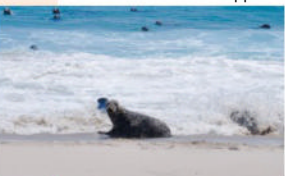
- 7.00 **Crikey! It's the Irwins** Robert wrangles western diamondback rattlesnakes in Arizona for the first time using his dad's techniques.
 8.00 **Project Grizzly** Jeff shows his grizzlies how to den up for the winter – and the bears get territorial when Jeff's friend arrives.
 9.00 **Project Grizzly** As the bears' training nears its end, Jeff has one final important lesson left to teach – fear of humans.
 10.00 **Alaskan Bush People** The kids join Matt back in Alaska to help him pack up Browntown while Ami awaits treatment options.
 11.00 **Flying Wild Alaska** Construction crews race to complete a hangar before the winter snow arrives.
 12.00 **MT Pit Bulls & Parolees**
 1.00 AM **Alaskan Bush People**
 2.00 **Dogs 101** As 4.00pm.
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 9.00 **Air Crash Investigation: Special Report**
 10.00 **World War II: Secrets from Above** Documentary.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car S.O.S**
 1.00 PM **Rocky Mountain Railroad**
 2.00 **Air Crash Investigation**
 3.00 **Atomic Ghost Fleet: Drain the Oceans**
 4.00 **Lost Treasures of the Bible**
 5.00 **Car S.O.S** A Bond Bug.
 6.00 **Nazi Megastructures** How German forces were trapped.

9.00 **Mysterious Islands**

- 7.00 **Air Crash Investigation** The US Air Force investigate the most expensive aviation accident of all time.
 8.00 **Colossal Machines** **New edition** How the atom can power some of the most amazing machines on Earth.
 9.00 **Mysterious Islands** The story of a small colony founded on Roanoke Island, off the eastern coast of North America.
 10.00 **Lawless Island** **New edition** A group of people living in a remote Alaskan community.
 11.00 **Air Crash Investigation**
 12.00 **MT World's Most Dangerous Drug: Super Meth**
 1.00 AM **To Catch a Smuggler**
 2.00 **Lords of War**
 2.30 **Money Meltdown**
 2.55 **Made in a Day**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **Ghost Ships** Documentary.
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Trains** Double bill.
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** A first edition of the modern classic book *One Flew Over the Cuckoo's Nest*.
 5.30 Million-dollar items owned by George Washington.
 6.00 **American Pickers**

9.00 **Forged in Fire**

- 7.00 **Forged in Fire** Four bladesmiths are tasked to forge J Nielson's favourite blade, a Damascus European dagger.
 8.00 **Claw Hunters** Mack surveys storm damage to his family's wharf, while Captain Lex steams into the Bay of Fundy.
 9.00 **Forged in Fire** **New edition** Two previous champions go head to head making their own signature san mai blades.
 10.00 **Gangland Chronicles** **New editions** The Mongols Motorcycle Club.
 10.30 **Whitey Bulger's Winter Hill Gang**.
 11.00 **Alien Files: Unsealed** A look at some dangerous fighter pilot encounters with UFOs.
 11.30 A look at top-secret studies into UFO sightings.
 12.00 **MT Pawn Stars** Triple bill.
 2.00 AM **Royal Autopsy**
 3.00 **Claw Hunters** As 8.00pm.
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **Secret Nazi Bases**
 11.00 **Nazi Hunters** Adolf Eichmann.
 12.00 **NOON Joanna Lumley's Silk Road Adventure**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases**
 5.00 **Nazi Hunters** Hunting Gestapo head Klaus Barbie and death camp guard John Demjanjuk.
 6.00 **Antiques Roadshow** Fiona Bruce hosts the show from Floors Castle in Scotland.

8.00 **Bangers & Cash**

- 7.00 **Guy Martin's Battle of Britain** Part one of two. The presenter experiences the training of a World War Two fighter pilot.
 8.00 **Bangers & Cash** **New edition** Derek heads to north Wales to collect an Austin 7 and a gem of a Bentley.
 9.00 **Bangers & Cash** Dave travels to Bedale to extract a 1984 Manta GTE which hasn't seen the light of day in 30 years.
 10.00 **Bangers & Cash: Restoring Classics** The team take on a three-wheeled wonder – the Reliant Robin.
 11.00 **Abandoned Engineering** Exploring a crumbling dam hidden in the Welsh valleys, and a quaint outpost on a paradise island.
 12.00 **MT Joanna Lumley's Silk Road Adventure**
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop** A Victorian railway lamp and a Brownie toadstool.
 7.00 Repairing a treasured toy horse.
 8.00 **Wheeler Dealers** A 2002 Chevy Corvette Z06 is worked on.
 9.00 Mike gambles on a Ford P100 imported from South Africa.
 10.00 **Richard Hammond's Workshop** The team are under pressure to finish Monty's Rolls Royce.
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress: Atlanta** Double bill.
 10.00 **FBI Files** Double bill.
 12.00 **NOON Betrayed**
 1.00 PM **On the Case with Paula Zahn** True-crime.
 2.00 **Murder on CCTV**
 3.00 **Judge Rinder's Crime Stories** Examining the case of Gary Nelson.
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **10 Steps to Murder**
 8.00 **Murder on CCTV**
 10.00 **Evil Lives Here: Shadows of Death**
 11.00 **Evil Lives Here**
 12.00 **MT Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** Documentary.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **Cold Cases Reopened** Detectives look into cases that remained unsolved for years.
 8.00 **Killers: Caught on Camera** A lover's quarrel and a murderer with a lot to hide.
 9.00 **Forensic Factor** **New edition** Las Vegas reveals its darker side when detectives discover some charred remains.
 10.00 **Bloodline Detectives** **New edition** In 1986, Barbara Carr was killed in a home invasion.
 11.00 **Evidence of Evil** False claims of guilt nearly derail the investigation.
 12.00 **MT 48 Hours**
 1.00 AM **Forensic Factor**
 2.00 **Bloodline Detectives**
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours**
 4.00 **Medical Detectives** A bomber is on the loose after a woman is killed in her own home.
 4.30 A killer attempts to destroy all evidence of his crime, but ends up creating new clues.
 5.00 A look at the investigation into the death of a young girl.
 5.30 When an off-duty policeman is killed, his colleagues are set on finding out why.
 6.00 One afternoon, a town in Wisconsin faces its first triple homicide.
 6.30 Police search a vehicle involved in a pedestrian's death.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops**
 11.00 **Catching the Killer**
 12.00 **NOON Killing Mum...**
 1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked...**
 3.00 **World's Most Evil Killers**
 4.00 **Britain's Most Evil Killers**
 5.00 **Catching the Killer**
 6.00 **Killing Mum and Dad**
 7.00 **World's Most Evil Killers**
 8.00 **Britain's Most Evil Killers**
 9.00 **What the Killer Did Next** Sabina Nessa.
 10.00 **Murdered at First Sight**
 11.00 **Catching the Killer**
 12.00 **MT Most Evil Killers**
 1.00 AM **Murders That Shocked the Nation**
 2.00 **Snapped** Documentary.
 3.00 **Made for Murder**
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of Scotland** Firth of Clyde.
 8.40 **Wrecks That Changed the World**
 9.40 **Invention of Surgery**
 10.40 **Broken Arrows, the Lost Bombs of the Cold War** Documentary.
 11.50 **Afghanistan: The Wounded Land**
 1.00 PM **Grand Tours of...**
 1.40 **Wrecks That Changed...**
 2.40 **Invention of Surgery**
 3.40 **Broken Arrows, the Lost Bombs of the...**
 4.50 **Afghanistan: The Wounded Land**
 6.00 **Wrecks That Changed...**
 7.00 **Grand Tours of Scotland**
 7.40 **Invention of Surgery**
 8.40 **Broken Arrows, the Lost Bombs of the...**
 9.50 **Afghanistan: The Wounded Land**
 11.00 **Wrecks That Changed...**
 12.00 **MT Broken Arrows, the Lost Bombs of...**
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Dennis Hopper
8.00 The Directors
9.00 The Nineties
10.00 Branson As 7.00pm.
11.45 My Icon: Jonnie Peacock
12.00 NOON Right to Fight
1.50 PM My Icon: Natasha Jonas
2.00 Who Killed the KLF?
3.50 My Icon: Michael Holding
4.00 The Directors
5.00 Discovering: Dennis Hopper
6.00 The Nineties
7.00 Branson 4/4. The entrepreneur realises his dream of space flight.
8.45 My Icon: Denise Lewis
9.00 An Update On Our Family Series finale 3/3. The Stauffers give an update on Huxley's absence from their lives.
10.00 The Wimbledon Kidnapping The mysterious disappearance of Muriel McKay in 1969.
12.00 M'T Adrienne
2.00 AM Steve McQueen: The Lost Movie Documentary.
3.50 1000% Me: Growing Up Mixed
5.00 to 6.00 AM Discovering: Dennis Hopper

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan Elliott Turner.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder?
9.00 After the First 48 New edition Exploring the world of scams.
11.00 Homicide Hunter
12.00 M'T Buried in the Backyard
1.00 AM After the First 48
2.00 A Perfect Scam
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill Hotthead: Martella brings in two girls who were chatting up lorry drivers in order to hitch a lift to Manchester.
5.30 Steamers: Reports of a strange smell lead to Melvin discovering a body in a flat.
6.00 Duty Elsewhere: Haynes goes undercover as a driver.
6.30 Saturday Blues: Burnside's goddaughter lies in intensive care following a drug overdose.
7.00 Pointless Double bill.
9.00 Campion Dancers in Mourning - Part One: 3/8. A musical comedy star is persecuted.
10.10 Dancers in Mourning - Part Two: 4/8. The detective refuses to believe the evidence against Linda Sutane's husband, and continues trying to clear his name. (S2)
11.25 The Bill Four episodes.
1.25 AM Pointless Double bill.
3.20 Campion 3&4/8. (S2)
5.20 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 Wild Workers
10.00 Zambia Untamed
11.00 Wildlife ER
12.00 NOON World's Most Toxic...
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 Wild Workers
4.00 Zambia Untamed
5.00 New Kids in the Wild
6.00 World's Most Toxic Animals
7.00 Monkey Life Double bill.
8.00 Islands Highland leopards stalk Sambar deer in Sri Lanka.
9.00 Wild Birds of Australia The country's birds of prey.
10.00 World's Most Toxic Animals A look at some of the most deadly animals on the planet.
11.00 New Kids in the Wild
12.00 M'T Wildlife ER
1.00 AM Rooted
2.00 Islands As 8.00pm.
3.00 Wild Birds of Australia
4.00 Great Parks of Africa
5.00 to 6.00 AM Wild Workers

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 The Hidden Kingdoms of China
4.00 Secrets of the Zoo: Tampa
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Keepers try to figure out why a Bactrian camel has been gaining weight.
8.00 Shark Queens Scientists uncover whether female sharks are the rulers of the ocean.
9.00 Last of the Giants: Wild Fish Cyril Chauquet and his team of adventure filmmakers work with local scientists in Argentina to locate the elusive short-tailed river stingray.
10.00 Ice Road Rescue Double bill.
12.00 M'T When Sharks Attack 360
1.00 AM World's Deadliest Animals
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Calls from the Inside
9.00 Evil Lives Here: Shadows of Death Double bill of editions.
11.00 Evil Lives Here
1.00 PM Murder Calls
3.00 Grave Mysteries
5.00 Someone You Thought You Knew Double bill of editions.
7.00 Caught in the Net The apparent murder of 67-year-old Karen Navarra.
8.00 When police discover a missing three-year-old child dead in New Jersey, they must turn to the digital evidence to pinpoint the killer.
9.00 The Real Story with Maria Elena Salinas The presenter recalls the attack on Orlando's Pulse Nightclub in June 2016.
10.00 Lethally Blonde A single mother turns to exotic dancing to support her family.
11.00 Horror at the Cecil Hotel
12.00 M'T The Lake Erie Murders
2.00 AM Someone You Thought You Knew Double bill.
4.00 to 6.00 AM Caught in the Net
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Caesar's Doomsday War
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files Exploring the truth behind Soviet-era UFO research programmes.
8.00 Egypt's Unexplained Files Whether colossal volcanoes toppled an ancient dynasty.
9.00 Dark Marvels: Killing Machines The deadly weapons that rain destruction and spread fear on the battlefield.
10.00 History's Greatest Mysteries
11.00 8 Days That Made Rome
12.00 M'T Ancient Aliens
2.00 AM River Hunters
3.00 Weird Britain
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Aftershock: Disaster in Nepal As shown at 8.00pm.
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot A team of specialists armed with the latest technology set out to locate the fabled bigfoot.
8.00 Aftershock: Disaster in Nepal Exploring the geology behind the devastating earthquake that hit Nepal in April 2015.
9.00 Combat Dealers Bruce is asked to find items that help tell the story of Ian Fleming.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! Bernie Ecclestone recalls a golden age of driving legends and high-speed racing.
9.00 Kindig Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 M'T Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 7.20 AM Turn Me On As 4.10pm.
9.20 Fox and Hare Save the Forest
10.40 Parachute As 2.40am.
12.30 PM The Killer Thriller.
(2024, 15, 126min) ★★★★★
2.45 Fox and Hare Save the Forest Animated family adventure. (2024, U, 71min)
4.10 Turn Me On Fantasy drama. (2024, 15, 99min) ★★★
6.00 Bad Boys: Ride or Die Action comedy adventure sequel. (2024, 15, 115min) ★★★★★



12.30 The Killer

- 8.00 Furiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35 The Bikeriders Drama starring Tom Hardy. Over the course of a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.45 AM I Saw the TV Glow Horror starring Justice Smith. (2024, 15, 100min) ★★
2.40 Parachute Comedy drama. (2023, 15, 108min) ★★★★★
4.35 to 6.15 AM Kill Thriller. (2023, 15, 90min) ★★★

Sky Cinema Drama

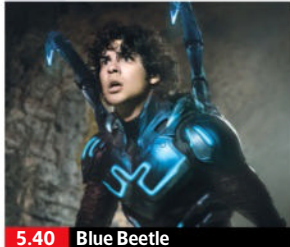
310 410 510 524

- 7.15 AM Aisha Drama starring Letitia Wright and Josh O'Connor. (2022, 12, 94min) ★★★★★
8.55 Broker South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★★★★
11.15 Meet Joe Black As 9.50pm.
2.20 PM A Star Is Born Drama. (2018, 15, 136min) ★★★★★
4.45 Alleluiah Comedy drama. (2022, 12, 99min) ★★★
6.30 Sundown Drama starring Tim Roth. (2021, 15, 82min) ★★★★★
8.00 Mr Holmes Period mystery starring Ian McKellen and Laura Linney. An elderly Sherlock Holmes seeks the help of his housekeeper's son in recalling the one case he failed to solve. (2015, PG, 101min) ★★★★★
9.50 Meet Joe Black Supernatural drama, a remake of Death Takes a Holiday, with Brad Pitt, Claire Forlani and Anthony Hopkins. (1998, 12, 181min) ★★★★★
12.55 AM Freud's Last Session Period drama starring Anthony Hopkins and Matthew Goode. (2023, 12, 109min) ★★
2.50 The Shamrock Spitfire Biopic. (2024, 12, 108min) ★★★
4.45 to 6.15 AM My First Summer Drama. (2020, 15, 80min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM Sky Cinema Preview
6.30 Black Dog British drama. (2023, 15, 96min) ★★★★★
8.15 Dangerous Waters (2023)
10.10 Gran Turismo Action drama. (2023, 12, 123min) ★★★★★
12.25 PM Ferrari Biographical drama. (2023, 15, 130min) ★★★★★
2.40 Saving Private Ryan Steven Spielberg's epic war drama. (1998, 15, 169min) ★★★★★
5.40 Blue Beetle Adventure. (2023, 12, 127min) ★★★★★



5.40 Blue Beetle

- 8.00 Shazam! Fury of the Gods Superhero adventure sequel starring Zachary Levi, Helen Mirren and Lucy Liu. When vengeful gods arrive on Earth in search of stolen magic, Shazam and his allies get thrust into a battle for survival. (2023, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 The Flash Comic-book adventure starring Ezra Miller. Barry Allen uses his super speed to change the past, but his attempt to save his family creates a world without superheroes. (2023, 12, 144min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM Ride On Action drama. (2023, PG, 126min) ★★★★★
2.45 Bad Boys Action comedy. (1995, 15, 118min) ★★★★★
4.45 to 6.30 AM Dangerous Waters Survival thriller. (2023, 15, 101min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.55 AM Star Trek: Insurrection
8.45 Total Recall Sci-fi thriller remake. (2012, 12, 113min) ★★★★★
10.50 The Woman in Black Chiller. (2012, 12, 91min) ★★★★★
12.35 PM The Nun II Horror thriller sequel. (2023, 15, 110min) ★★
2.35 Night Swim Horror with Wyatt Russell. (2024, 15, 98min) ★
4.20 Star Trek: Insurrection Sci-fi drama. (1998, PG, 105min) ★★★★★
6.10 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★★
8.00 Insidious: The Red Door Horror thriller sequel starring Patrick Wilson and Ty Simpkins. (2023, 15, 107min) ★★
9.55 Arrival Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
11.55 Resident Evil: The Final Chapter Horror. (2016, 15, 107min) ★★★★★
1.45 AM Dorian Gray Gothic horror drama. (2009, 15, 112min) ★★★★★
3.45 I.S.S Sci-fi drama with Ariana DeBose. (2023, 15, 95min) ★★★★★
5.30 to 7.15 AM Upgrade Thriller. (2018, 15, 100min) ★★★★★

Sky Cinema Family

- 306 406 506 520**
- 7.25** AM Batteries Not Included Fantasy. (1987, PG) ★★★★★
- 9.15** The Cinema List: Family
- 9.35** Journey to the Center of the Earth As 9.35pm.
- 11.15** Journey 2: The Mysterious Island As shown at 11.15pm.
- 1.05** PM The Hobbit: The Desolation of Smaug Fantasy. (2013, 12, 161min) ★★★★★
- 4.00** Shazam! Fury of the Gods
- 6.25** Scooby-Doo Family comedy. (2002, PG, 86min) ★★★



9.35 Journey to the Center...

- 8.00** Scooby-Doo 2: Monsters Unleashed Live-action comedy adventure sequel starring Freddie Prinze Jr and Sarah Michelle Gellar. (2004, PG, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.35** Journey to the Center of the Earth Family adventure starring Brendan Fraser, Josh Hutcherson and Anita Briem. A trio of unlikely explorers stumble upon a volcanic passage to the centre of the Earth. (2008, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.15** Journey 2: The Mysterious Island Fantasy sequel. (2012, PG, 94min) ★★
- 1.00** AM Shazam! Fury of the Gods Superhero adventure sequel. (2023, 12, 130min) ★★
- 3.10** Paulie Family comedy. (1998, U, 92min) ★★
- 4.50** to **6.30** AM The Little Rascals Comedy. (1994, U, 83min) ★★

Sky Cinema Valentine

- 302 402 502 516**
- 6.30** AM Book of Love Comedy. (2022, 12, 106min) ★★
- 8.30** How to Be Single As 6.00pm.
- 10.30** Shirley Valentine Comedy. (1989, 15, 108min) ★★★★★
- 12.30** PM No Hard Feelings Comedy. (2023, 15, 103min) ★★
- 2.25** Bonus Track Music comedy. (2023, 12, 98min) ★★
- 4.10** Asteroid City Sci-fi comedy. (2023, 12, 109min) ★★★★★
- 6.00** How to Be Single Comedy with Dakota Johnson and Rebel Wilson. (2016, 15, 107min) ★★
- 8.00** Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. A liberal lawyer goes to work for a property tycoon. (2002, 12, 101min) ★★
- 9.45** What Happens Later Romantic comedy starring Meg Ryan and David Duchovny. Two former lovers are reunited and snowed in at an airport overnight. (2023, 15, 99min) ★★
- 11.35** It's Complicated Romantic comedy starring Meryl Streep. (2009, 15, 115min) ★★★★★
- 1.40** AM Asteroid City As 4.10pm.
- 3.30** Lisa Frankenstein Comedy horror. (2024, 15, 101min) ★★
- 5.15** to **6.00** AM Sky Cinema Preview

Sky Cinema Action

- 307 407 507 521**
- 6.55** AM Seeking Justice Thriller. (2011, 15, 104min) ★★
- 8.45** The Way of the Dragon Thriller. (1972, 18, 99min) ★★
- 10.30** Enter the Dragon As 12.05am.
- 12.20** PM Retribution Thriller. (2023, 12, 91min) ★★
- 2.00** Absolution Action thriller. (2024, 15, 112min) ★★
- 4.00** The Beekeeper Action thriller. (2023, 15, 105min) ★★
- 5.50** Baby Driver Action thriller. (2017, 15, 113min) ★★★★★



5.50 Baby Driver

- 8.00** 300 Epic adventure starring Gerard Butler and Lena Headey. In 480 BC, 300 Spartans face overwhelming odds when they make a defiant stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.00** Monkey Man Action thriller starring Dev Patel and Sharlto Copley. A man unleashes a campaign of vengeance against the men who killed his mother. (2024, 18, 121min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.05** AM Enter the Dragon Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★★
- 1.50** Wanted Fantasy action thriller starring James McAvoy. (2008, 18, 105min) ★★
- 3.45** Absolution As 2.00pm.
- 5.40** to **6.00** AM The Cinema List: Superheroes

Sky Cinema Greats

- 304 404 504 518**
- 6.15** AM Earth Girls Are Easy (1988)
- 8.10** Sunset Boulevard As 1.30am.
- 10.10** Alfie Classic comedy drama. (1966, 15, 114min) ★★★★★
- 12.10** PM Ghost Romantic thriller. (1990, 12, 127min) ★★★★★
- 2.20** Nobody's Fool Comedy drama. (1994, 15, 111min) ★★★★★
- 4.20** I'm All Right, Jack The Boulting Brothers' classic satire. (1959, b/w, U, 105min) ★★
- 6.20** Ace Ventura Pet Detective Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★★
- 8.00** Ace Ventura: When Nature Calls Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★
- 9.40** Brewster's Millions Comedy starring Richard Pryor and John Candy. A baseball pitcher must spend \$30million in 30 days to inherit an even bigger fortune. (1985, PG, 97min) ★★
- 11.35** I'm All Right, Jack As 4.20pm.
- 1.30** AM Sunset Boulevard Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
- 3.35** Earth Girls Are Easy Musical comedy starring Geena Davis. (1988, PG, 100min) ★★
- 5.30** to **6.00** AM The Cinema List: Family Movie Night

Sky Cinema Comedy

- 308 408 508 522**
- 7.05** AM Am I OK? As 9.50pm.
- 8.50** Army of One As 11.25pm.
- 10.35** Bad Neighbours Comedy. (2014, 15, 93min) ★★
- 12.25** PM Bad Neighbours 2 Comedy sequel starring Seth Rogen. (2016, 15, 90min) ★★
- 2.15** My Big Fat Greek Wedding 3 Comedy sequel. (2023, 12) ★★
- 4.05** I Now Pronounce You Chuck & Larry Comedy. (2007, 12) ★
- 6.15** Daddy Day Care Comedy. (2003, PG, 92min) ★★



8.00 Anger Management

- 8.00** Anger Management Comedy starring Adam Sandler and Jack Nicholson. After being mistakenly accused of an air-rage incident, a man is sent to attend anger management classes. (2003, 15, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.50** Am I OK? Comedy drama starring Dakota Johnson and Sonoya Mizuno. Two lifelong pals face a test of friendship when one of them embarks on a personal journey. (2022, 15, 86min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.25** Army of One Comedy. (2016, 15, 92min) ★★
- 1.05** AM BlackBerry Comedy drama starring Jay Baruchel. (2023, 15, 120min) ★★★★★
- 3.10** The American Society of Magical Negroes Fantasy. (2024, 12, 104min) ★★★★★
- 5.00** to **6.35** AM Snow Day Family comedy. (2000, PG) ★★

Sky Cinema Animation

- 305 412 500 514**
- 6.35** AM Lego DC Comics Super Heroes: The Flash As 10.50pm.
- 8.00** Despicable Me 3 Animated sequel. (2017, U, 99min) ★★
- 9.35** Sing Animated musical comedy. (2016, U, 108min) ★★
- 11.30** Two by Two Animated adventure. (2015, U, 85min) ★★
- 1.05** PM The Swan Princess: The Secret of the Castle Animated sequel. (1997, U, 89min) ★★
- 2.25** Dr Seuss' The Lorax Animated comedy. (2012, U, 86min) ★★
- 4.00** Cloudy with a Chance of Meatballs Animated comedy. (2009, U, 90min) ★★★★★
- 5.40** The Super Mario Bros Movie Animation. (2023, PG, 74) ★★
- 7.15** The Nut Job Animated family comedy. (2014, U, 85min) ★★
- 8.50** Deep Sea Animated adventure. (2023, PG, 112min) ★★
- 10.50** Lego DC Comics Super Heroes: The Flash Animation. (2018, U, 78min) ★★
- 12.15** AM Tad the Lost Explorer and the Secret of King Midas (2017)
- 1.50** DC Super Hero Girls: Legends of Atlantis (2018, PG) ★★
- 3.15** Batman Unlimited: Monster Mayhem (2015, PG) ★★
- 4.45** to **6.25** AM Boonie Bears: Guardian Code (2023) ★★

Sky Cinema Thriller

- 309 409 509 523**
- 7.35** AM Hanna Action thriller. (2011, 12, 106min) ★★★★★
- 9.35** Maggie Moore(s) Comedy thriller. (2023, 15) ★★
- 11.25** To Catch a Killer Thriller. (2023, 15, 119min) ★★★★★
- 1.35** PM Murder by Numbers Thriller with Sandra Bullock. (2002, 15, 120min) ★★
- 3.45** Green Zone Action thriller. (2010, 15, 110min) ★★★★★
- 5.45** Ocean's Twelve Caper thriller. (2004, 12, 125min) ★★★★★



10.10 Shaft

- 8.00** Ocean's Thirteen Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Al Pacino. A charismatic thief and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. With Ellen Barkin. (2007, PG, 122min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.10** Shaft Crime thriller inspired by the 1970s screen icon, starring Samuel L Jackson as a streetwise New York cop seeking to bring down the racist killer of a young black student. (2000, 18, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.00** M/T Crank Action thriller. (2006, 18, 88min) ★★★★★
- 1.40** AM We Own the Night Crime drama. (2007, 15, 117min) ★★
- 3.50** Swallowed Horror thriller. (2022, 18, 96min) ★★
- 5.35** to **7.45** AM To Catch a Killer

Movies 24

- 312 419**
- 7.00** AM A Paris Proposal Romantic comedy. (2023, PG, 84min) ★★
- 9.00** Love in Whitbrooke Romantic drama. (2017, PG, 88min) ★★
- 11.00** North to Home Drama. (2022, PG, 84min) ★★
- 1.00** PM Wish Upon a Wedding Romantic drama starring Kabbie Borders. (2023, PG, 85min) ★★
- 3.00** Love in the Maldives Romantic drama. (2023, PG, 84min) ★★
- 5.00** Something New: A Teagarden Mystery Crime drama. (2023, U, 87min) ★★
- 7.00** An American in Austen Romantic comedy with Eliza Bennett. (2024, PG, 84min) ★★
- 9.00** Rip in Time Fantasy starring Torrey DeVitto and Niall Matter. An organic farmer falls for a man who claims to have travelled through time from the year 1787. (2022, PG, 84min) ★★
- 11.00** A Royal Makeover Romantic comedy. (2023, PG, 87min) ★★
- 1.00** AM A Pinch of Portugal Drama starring Heather Hemmens. (2023, PG, 84min) ★★
- 3.00** to **6.00** AM Sense and Sensibility Romantic drama. (2024, U, 84min) ★★

Movies 24+ **315 420**

Film4

- 313 855 428 14 300**
- Films start at 11.00am**
- 11.00** AM Young Winston Biopic. (1971, PG, 157min) ★★
- 1.50** PM Buchanan Rides Alone Western starring Randolph Scott. (1958, U, 78min) ★★
- 3.30** The Guns of Navarone World War Two adventure. (1961, PG, 150min) ★★★★★
- 6.40** The Day After Tomorrow Disaster movie starring Dennis Quaid and Jake Gyllenhaal. (2004, 12, 124min) ★★★★★



9.00 Crush

- The Day After Tomorrow** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00** PREMIERE Crush Romantic comedy drama with Rowan Blanchard and Auli'i Cravalho. An aspiring young artist is forced to join her high-school track team. (2022, 15, 92min) ★★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.50** Walking and Talking Comedy drama starring Catherine Keener, Anne Heche and Todd Field. (1996, 15, 85min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.35** to **4.00** AM The Square Comedy drama starring Claes Bang, Elisabeth Moss, Dominic West and Terry Notary. (2017, 15, 151min) ★★★★★

Talking Pictures

- 328 445 82 306**
- 6.00** AM What's On TPTV with Noel
- 6.10** Break in the Circle Spy thriller. (1955, U, 92min) ★★
- 8.00** Three Silent Men Crime drama. (1940, b/w, PG, 72min) ★★
- 9.25** Look at Life
- 9.40** Stars in Your Eyes Musical comedy. (1956, U, 96min) ★★
- 11.35** Death of an Angel Mystery. (1951, b/w, PG, 64min) ★★
- 12.50** PM Look at Life
- 1.05** The Glass Mountain Drama. (1948, b/w, PG, 98min) ★★
- 3.00** Crown Court Triple bill.
- 4.30** Look at Life
- 4.40** They Came to a City Fantasy. (1944, b/w, U, 78min) ★★
- 6.15** First Comes Courage War drama starring Merle Oberon. (1943, b/w, PG, 88min) ★★
- 8.00** The Brothers 9/13. (S5)
- 9.05** Reckless 1/6. Romantic drama starring Robson Green. (S1)
- 10.10** Murder East – Murder West Thriller starring Jeroen Krabbé.
- 12.15** AM Elmer Gantry Oscar-winning drama starring Burt Lancaster and Jean Simmons. (1960, PG, 146min) ★★★★★
- 3.15** The Restless Breed Western. (1957, PG, 86min) ★★
- 4.55** Four Star Theatre 9/19. (S1)
- 5.30** to **6.00** AM 26 Men

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
8.50	LIVE NRL Canberra Raiders v Cronulla-Sutherland Sharks. Coverage of the pre-season challenge game staged at GIO Stadium. Kick-off is at 8.50am.
10.50	My Icon Leon Pryce.
11.00	The Football Show
12.00	NOON Lunchtime Live
12.30	PM LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
7.00	LIVE Premier League Darts Night two from Glasgow's OVO Hydro, featuring the quarter-finals, semi-finals and a final in one night.
11.00	LIVE PGA Tour Golf Coverage of the opening day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego.
1.00	AM Sky Sports News
1.30	Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	to 6.00 AM Sky Sports News

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	PL Retro A replay of Manchester United v Arsenal from 2003.
12.00	NOON Gary Neville's Soccerbox Double bill.
1.00	PM Premier League Years Moments of the 1992/93 season.
3.00	PL Retro A replay of Manchester United v Arsenal from 2003.
5.00	Premier League Best Goals A selection of memorable strikes from the 2003/04 season.
6.00	PL 100: Petr Cech
6.30	PL 100: Paul Scholes
7.00	The Big Interview
7.30	Premier League Stories
8.00	Gary Neville's Soccerbox
9.00	The Big Interview
9.30	Premier League Stories
10.00	Premier League Icons
11.00	Premier League Years A look back at the 1993/94 season.
1.00	AM PL Retro Manchester City v Manchester United from 2018.
3.00	PL Greatest Games
4.00	PL Best Goals 2009/10
5.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL The 2020/21 play-offs.
9.00	EFL Greatest Games
10.00	Retro League One
12.00	NOON EFL A chance to see Sheffield United v Middlesbrough.
2.00	PM EFL Highlights
3.00	Bundesliga Highlights Show
4.00	EFL Highlights
6.00	Bundesliga Special
6.30	Bundesliga Weekly
7.00	EFL Highlights
7.30	LIVE EFL Port Vale v Notts County. Coverage of the League Two match from Vale Park. Both teams are well placed for a push for promotion, with the hosts looking to go back to League One at the first attempt after relegation last season. Kick-off 8.00pm.
10.30	EFL Highlights
11.00	Bundesliga Weekly
11.30	EFL Greatest Games
12.00	M'T Craig Brown: My Scotland
12.30	AM Best Scottish Premiership Goals Archive action.
2.00	SPFL Highlights
2.15	SPFL Greatest Games
3.15	SPFL Highlights
4.15	SPFL Greatest Games
5.15	SPFL Highlights
5.30	to 6.00 AM Greatest Games

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL The eliminator play-off.
7.00	ICC Men's T20 World Cup
9.00	History of the ICC Champions Trophy Reflecting on the eight editions of the tournament.
10.30	ICC Men's T20 World Cup
11.00	WPL Highlights from Gujarat Giants v UP Warriorz in 2024.
12.00	NOON IPL Kolkata Knight Riders v Sunrisers Hyderabad.
1.00	PM WPL Recent highlights.
3.00	ICC Men's T20 World Cup
4.00	WPL UP Warriorz v Royal Challengers Bangalore from 2024.
5.00	ICC Men's T20 World Cup
6.00	History of the ICC Champions Trophy Reflecting on the eight editions of the tournament.
7.30	ICC Men's T20 World Cup West Indies v Afghanistan in St Lucia.
8.00	WPL Delhi Capitals v Royal Challengers Bangalore from 2024.
9.00	ICC Men's World Cup 2023
10.30	ICC Men's T20 World Cup USA v Pakistan in the Group A match at Grand Prairie Cricket Stadium.
11.00	WPL Delhi Capitals v Royal Challengers Bangalore in 2024.
12.00	M'T ICC Men's T20 World Cup
1.00	AM WPL Highlights from 2024.
3.00	ICC Men's T20 World Cup
5.00	to 6.00 AM IPL

Sky Sports	Golf
405 515 505 423 443	
6.00	AM Nick's Tee Time Tips
6.30	PGA Tour: The Cut
7.00	HotelPlanner Tour Golf
7.30	PGA Tour Golf Phoenix Open.
8.30	LPGA Tour Golf Founders Cup
10.30	LIVE Ladies European Tour Golf Coverage of the opening day of the second stage of the Aramco Team Series staged at Riyadh Golf Club in Saudi Arabia.
2.30	PM Golf's Greatest Holes
3.00	PGA Tour Champions Learning Centre Featuring instruction tips.
3.30	LIVE PGA Tour Golf Coverage of the opening day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego. Japan's Hideki Matsuyama won this tournament last year.
1.00	AM Uncommon: Building a Boston Sports Team
1.30	Golf's Greatest Holes
2.00	Golf Academy
3.00	Ladies European Tour Golf
4.00	PGA Tour Golf Genesis Open.
5.00	to 6.00 AM Nick Dougherty's Tee Time Tips

TNT Sports 1

410 870 527 408 430

6.00

AM One Day International
Cricket India v England.

7.00

Premiership Rugby Cup

8.00

Premier League

9.30

TNT Sports Cricket Reload

10.00

Fight Night Live Chisora v Wallin

12.00

NOON One Day International
Cricket India v England.

1.00

PM Crouchy and Cole

1.30

ABB FIA Formula E World
Championship Highlights

3.30

LIVE ABB FIA Formula E
World Championship Jeddah
ePrix first free practice session.

4.15

Sign Up - Into Football

5.00

Premier League

6.30

Premier League: Big Interview

7.00

LIVE UEFA Europa League
Coverage of a knockout phase
play-off first-leg match.

10.30

UEFA Europa & Conference
League Highlights

11.30

Premier League: Big Interview

12.00

M'T Premier League Stories

12.30

AM NBA Tip-Off

1.30

LIVE NBA Minnesota
Timberwolves v Oklahoma
City Thunder. Tip-off 1.30am.

4.00

Inside the NBA Match reviews.

5.00

to 6.00 AM
Premiership Rugby Cup

TNT Sports 2

411	871	528	409	431
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6.00 AM **Isuzu UTE A-League**

11.00 **Ninja A-League Women Highlights** A look at action from the 15th round of fixtures.

11.30 **Fishing: On the Bank**

12.30 PM **SailGP Highlights**

1.30 **Isuzu A-League Highlights**

2.00 **Ultimate Pool** Action from Group Six of the Champions League.

3.30 **UEFA Champions League Highlights Show** Action from the Wednesday night knockout phase play-off first-leg matches.

4.30 **UEFA Europa League & Conference League Magazine**

5.30 **LIVE UEFA Europa League** Coverage of a knockout phase play-off first-leg match.

7.45 **LIVE UEFA Europa League** Coverage of a knockout phase play-off first-leg match.

10.00 **The Football's On**

11.00 **Fight Night Live**

1.00 AM **UFC Main Event**

4.00 **Fight Week** A look back at UFC 312 from Qudos Bank Arena.

4.30 **Isuzu A-League Highlights**

5.00 **Ninja A-League Women Highlights** A look at the action from the 15th round of fixtures.

5.30 to 6.00 AM **TNT Sports Reload**

TNT Sports 3

417	874	529	410	432
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6.00 AM UEFA Champions League

10.00 UEFA Europa League & Conference League Magazine

11.00 Serie A – Full Impact

11.30 Premier League Stories

12.00 NOON UEFA Champions League Highlights Show

1.00 PM One Day International Cricket Sri Lanka v Australia.

2.00 Fight Night Live

4.00 Fight Night Beterbiev v Bivol.

5.00 TNT Sports Reload

5.15 TNT Sports Cricket Reload

5.30 **LIVE** UEFA Conference League Coverage of a knockout phase play-off first-leg match.

7.45 **LIVE** UEFA Conference League Coverage of a knockout phase play-off first-leg match.

10.00 Fight Week UFC 312 review.

10.30 Serie A – Full Impact

11.00 UEFA Champions League Road to Glory From 2007/08.

12.00 M/T UEFA Europa League

2.30 AM UEFA Conference League

3.30 Serie A – Full Impact

4.00 TNT Sports Cricket Reload

4.15 to 6.00 AM **LIVE** One Day International Cricket Sri Lanka v Australia. Coverage of the second and final ODI in the series.

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night Jonas v Mayer.
8.00	State of Origin Rugby League
8.50	LIVE NRL Canberra Raiders v Cronulla-Sutherland Sharks. Coverage of the pre-season challenge game. Kick-off 8.50am.
10.50	My Icon Kadeem Corbin.
11.00	Fight Night McCaskill v Price.
12.00	NOON NFL Highlights
1.00	PM Good Morning Football
3.00	Fight Night Jonas v Habazin.
4.00	Abdullah Mason: Appetite for Smoke A profile of the boxer.
4.30	Super League Highlights
5.00	NBC's Pro-Football Talk
7.00	LIVE Super League Wigan Warriors v Leigh Leopards. Coverage of the opening match of the season at the Brick Community Stadium. Kick-off is at 8.00pm.
10.15	Super League Highlights Hull FC v Hull Kingston Rovers.
10.30	Highlights of Warrington Wolves v Leeds Rhinos.
10.45	Wigan Warriors v St Helens.
11.00	NFL Bitesize Highlights
12.00	M'T The Insiders The latest news.
1.00	AM Fight Night Jonas v Habazin.
2.00	Super League A match replay.
4.45	to 6.00 AM NFL Highlights

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM ATP Tour This Week
6.30	WTA & ATP Tennis Recent action from the WTA and ATP Tours.
12.30	PM LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
8.30	LIVE WTA & ATP Tennis Continued coverage from the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open and WTA Doha Open.
3.00	AM Bitesize Tennis
3.45	Frances Tiafoe Podcast 2024
4.00	to 6.00 AM WTA Tennis

TNT Sports 4

421

876

530

411

434

6.00

AM SailGP Highlights

7.00

Fishing: On the Bank

8.00

MLB Classic A look at the perfect game pitched by David Cone.

10.00

A look at when Derek Jeter claimed his 3000th hit.

12.00

NOON A look back at the 2024 World Series.

1.00

PM Superbike World Championship Season preview.

2.00

NBA A chance to see Boston Celtics v San Antonio Spurs.

3.30

A chance to see Dallas Mavericks v Golden State Warriors.

5.00

NBA Action Highlights.

5.30

LIVE UEFA Europa League Coverage of a knockout phase play-off first-leg match.

7.45

LIVE UEFA Europa League Coverage of a knockout phase play-off first-leg match.

10.00

One Day International Cricket

11.00

Ultimate Pool Recent action.

12.30

AM MLB Classic

1.00

to 6.00 AM MLB

Eurosport 1

413 870 521 412 435

6.00 AM Snooker: Welsh Open

8.00 Cycling: European Track Championships From Belgium.

9.00 Biathlon In Lenzerheide.

10.00 Show Jumping From Mexico.

11.00 Snooker: Welsh Open

1.00 PM **LIVE** Snooker: Welsh Open Coverage of the afternoon session on the fourth day from Venue Cymru in Llandudno, featuring third-round matches.

5.00 Snooker: Welsh Open Action from the fourth day so far.

7.00 **LIVE** Snooker: Welsh Open Coverage of the evening session on the fourth day staged at Venue Cymru in Llandudno, featuring third-round matches.

11.00 Snooker: Welsh Open

1.00 AM Cycling: European Track Championships From Belgium.

2.00 Snooker: Welsh Open

4.00 Alpine Skiing In Saalbach.

5.00 to 6.00 AM Cycling: European Track Championships

Eurosport 2

414

871

522

413

436

6.00

AM Winter Sport

Mia Brookes.

6.15

Alpine Skiing

From Austria.

8.15

LIVE Alpine Skiing

In Saalbach.

11.00

Marco Schwarz ComeBLACK:

In the Shadow of Triumph

11.40

Charlotte Bankes

Sierra Nevada:

12.00

NOON LIVE Alpine Skiing

Coverage from Saalbach, Austria.

2.00

PM Alpine Skiing

3.00

Discovery Golf

3.30

Snow Bike World Championship

4.00

Show Jumping

From Bordeaux.

5.00

Cycling: Tour of Flanders

5.15

LIVE Cycling: European

Track Championships Day two

at Velodroom Limburg in Belgium

9.05

Alpine Skiing

From Austria.

10.05

Biathlon

From Switzerland.

11.00

Cycling: European Track

Championships From Belgium.

12.00

M/T Alpine Skiing

From Austria.

1.00

AM Biathlon

From Switzerland.

2.00

Cycling: European Track...

3.00

Alpine Skiing

From Austria.

4.00

to 6.00 AM Snooker

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	The Football Show
12.00	NOON Lunchtime Live
12.30	PM LIVE WTA & ATP Tennis Coverage of the Tours, featuring the ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
7.00	LIVE Premier League Darts Night two from Glasgow's OVO Hydro, featuring the quarter-finals, semi-finals and a final in one night.
11.00	LIVE WTA & ATP Tennis Continued coverage of the Tours.
1.30	AM Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	Back Pages Tonight
4.00	Sky Sports News
4.30	Back Pages Tonight
5.00	Sky Sports News
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 A chance to see the 2024 Emilia-Romagna Grand Prix staged at Autodromo Enzo e Dino Ferrari in Imola, Italy.
4.35	PM Ted's Notebook
5.05	F1's 11th Team
5.15	Formula 1 Season highlights.
5.30	Lewis's Secret Cinema
6.00	Formula 1 Another chance to see the 2024 Monaco Grand Prix, the eighth round of the season staged at Circuit de Monaco.
11.15	Ted's Notebook
11.45	Ted Drives: F1 Car
12.00	M'T to 6.00 AM The Home of F1

Animation

PREMIERE



The Garfield Movie

Sky Premiere, 9.35am & 4.05pm

Chris Pratt voices the ginger cat in this latest outing, in which he is reunited with his estranged dad (Samuel L. Jackson).

Comedy



NEW

Funboys

BBC3, 10pm (box set, BBC iPlayer)

Friends Jordan, Callum and Lorcan grapple with life in their Northern Ireland town in this four-part comedy series.

OnDemand



The Gorge

Available today

Two snipers are assigned to towers at what appears to be the gateway to Hell. Stars Miles Teller and Anya Taylor-Joy.



NEW

OnDemand



Yellowjackets

Available today

As the American psychological thriller returns, the survivors are still dealing with the traumatic events on the island.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 Extraordinary...	8.00 Would I Lie to...	8.30 Amanda &...	9.00 Death in Paradise	10.00 News; Local News	10.40 Graham...
102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Gardeners' World		9.00 Uncanny	10.00 Uncanny...	10.30 Newsnight
103 ITV1	6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Connecting a Killer: True Crime Presents	10.00 News; Local News	
104 CHANNEL 4	7.00 News	7.30 Food...	8.00 One Question		9.00 Gogglebox	10.00 The Last Leg	
105 CHANNEL 5	7.00 Loyalty Cards: Are They A Rip Off?		8.00 The Good Ship Murder		9.00 Are You Being Served?: Secrets &...	10.00 Film: Bridget Jones's Diary	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Hacks	10.20 A League of Their Own	

ENTERTAINMENT

115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 The Traitors US	10.00 Funboys	10.25 This Country
116 BBC4	7.00 TOTP: 1997		8.05 TOTP: 1978	8.35 TOTP: 1985	9.10 Eastenders Sings at the BBC		10.40 Wogan
118 ITV2	7.00 Family Fortunes		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars	10.05 Family Guy	
136 MORE4	6.55 Car S.O.S.		7.55 Grand Designs		9.00 Astrid: Murder in Paris	10.05 24 Hours in A&E	
135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Film: Meet the Fockers		
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam			10.00 The Equalizer	
108 SKY ATLANTIC	6.35 Billions	7.45 Game of Thrones			9.00 The Last of Us	10.05 Homicide: Life on the Street	
110 U&GOLD	6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line	9.20 Blackadder the Third	10.00 The Office	10.40 Good...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	6.55 Heartbeat		8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	7.00 The Motorbike Show		8.00 Giant Lobster Hunters		9.00 Film: Robin Hood		
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show	10.00 Kevin Bridges – The Story Continues	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 Hacks	10.20 A League of Their Own	
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown	10.00 Death in Paradise	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Guy Garvey: From the Vaults		9.00 Luther: Never Too Much		
132 U&W	7.00 Property Brothers: Family Flashback		8.00 Inside the Ambulance		9.00 999 Rescue Squad		

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch	10.00 Moonshiners	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 I'm Alive		9.00 I Was Prey	10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation				9.00 Gallipoli's Deep Secrets	10.00 UFOs: Investigating the Unknown	
123 SKY HISTORY	7.00 Forged in Fire		8.00 River Hunters		9.00 Royal Autopsy	10.00 Ancient Aliens: Origins	
155 U&YESTERDAY	7.00 Guy Martin's Battle of Britain		8.00 Abandoned Engineering			10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	7.00 I Am Heath Ledger				9.00 Love to Love You, Donna Summer		

FILMS - Sky Cinema

301 PREMIERE	5.50 The Bikeriders		8.00 Furiiosa: A Mad Max Saga			10.40 The Killer	
302 VALENTINE	6.10 Bridget Jones: The Edge of Reason		8.00 Bridget Jones's Baby			10.10 Anyone But You	
303 HITS	6.05 Men in Black		8.00 Men in Black II		9.45 Men in Black 3		
304 GREATS	6.15 HouseSitter		8.00 Parenthood			10.10 Planes, Trains and Automobiles	
305 ANIMATION	7.05 The Garfield Movie		8.50 Surf's Up			10.20 Batman Unlimited...	
306 HARRY POTTER		7.15 Harry Potter and the Half-Blood Prince			9.50 Harry Potter and the Deathly Hallows: Part I		
307 ACTION	6.00 Green Lantern		8.00 Aquaman			10.30 Madame Web	
308 COMEDY	5.50 Crazy Rich Asians		8.00 Ride Along		9.45 Ride Along 2		
309 THRILLER	5.45 Ocean's Thirteen		8.00 Ocean's Eight		9.55 State of Play		
310 DRAMA	6.10 Jackie		8.00 Lee			10.05 A Thousand and One	
311 SCI-FI	6.25 Paranormal Activity: The Ghost...		8.00 Star Trek Beyond			10.10 Upgrade	
313 FILM4	7.10 13 Going on 30				9.00 Notting Hill		

SPORT

401 MAIN EVENT	7.00 FNF – Live: Brighton & Hove Albion v Chelsea (Kick-off 8.00)						
402 PREMIER LEAGUE	7.00 FNF – Live: Brighton & Hove Albion v Chelsea (Kick-off 8.00)						
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Queens Park Rangers v Derby County (Kick-off 8.00)				10.30 Bundesliga...	
404 CRICKET	7.00 ICC Men's T20 World Cup	8.00 WPL		9.00 History of the ICC Champions Trophy		10.30 ICC Men's T20...	
410 TNT SPORTS 1	7.15 Isuzu UTE A-League	8.15 Sign Up – Into Football		9.00 One Day International Cricket	10.00 UEFA Magazine	10.30 One Day...	
411 TNT SPORTS 2	7.00 The Football's On	8.00 SailGP Highlights		9.00 Fishing: On the Bank	10.01 UFC		



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Expert Witness (S)(R)
11.15 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Father Brown **New episode**
The Lord of the Dance: 6/10. A TV dancing contest turns deadly. Guest stars Angela Rippon. (S12) (S)(AD)
2.45 Escape to the Country (S)(R)
3.45 Antiques Road Trip **New edition**
The final battle in Sheffield. (S)
4.30 The Repair Shop on the Road **New edition** Restoring a historic carriage in Musselburgh. (S)(AD)
5.15 Pointless **New edition** Quiz. (S)
6.00 BBC News (S)
6.30 Local News (S)



8.30 Amanda & Alan's Spanish Job

- 7.00** The One Show
Clara Amfo and Lauren Laverne present the topical show. (S)
7.30 Extraordinary Portraits with Bill Bailey **New edition** 2/6. A life-saving railway worker is matched with artist Jack Dickson. (S)(AD)

- 8.00** Would I Lie to You? **New edition** With Darren Harriott, Sam Campbell, Diane Carson and AJ Odudu. (S)
8.30 Amanda & Alan's Spanish Job **New edition** 4/8. The master bedroom. (S)(AD)
■ Entire series on BBC iPlayer

- 9.00** Death in Paradise **New episode** 3/8. Mervin and the team investigate the suspicious death of a wellness business owner after she suffers an allergic reaction at the launch of her skincare product. (S14) (S)(AD)

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 The Graham Norton Show **New edition** 19/21. Pamela Anderson discusses her role in *The Last Showgirl*, and Ross Kemp talks about his return as Grant Mitchell in *EastEnders*. Plus, Stephen Graham, Gugu Mbatha-Raw and Sean Hayes also appear, and Gracie Abrams provides the music. (S)
11.30 **FILM** Long Shot Comedy drama starring Charlize Theron and Seth Rogen. A journalist strikes up a relationship with a US Secretary of State, soon to run for office as the first female president. (S) (2019, 15, 115min) ★★★★★
1.25 AM Weather for the Week Ahead
1.30 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Antiques Road Trip (S)(R)
7.15 The Repair Shop on the Road
8.00 Sign Zone: Alison Hammond's Florida Unpacked (S)(R)(AD)
8.30 Sign Zone: Joanna Page's Wild Life A tiny bird's rehab. (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 The Edge Game show. (S)(R)
2.30 The Boss Quiz show. (S)(R)
3.15 South Pacific (S)(R)(AD)
4.15 Earth's Greatest Spectacles (S)(R)
5.15 Flog It! From Ushaw. (S)(R)
6.00 Richard Osman's House of Games **New edition** Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (S)
6.30 Robson Green's Weekend Escapes **New edition** 5/15. Robson is joined by his siblings as they head to Northumberland. (S)(AD)



6.00 House of Games

- 7.00** Celebrity Antiques Road Trip **New edition** Former *EastEnders* stars Danielle Harold and Max Bowden hunt for antiques in the Cotswolds, with the help of experts Hettie Jago and Ishty Khan. (S)

- 8.00** **NEW SERIES** Gardeners' World 1/4. The first of four compilations looking back at seasonal highlights, including the transformation that Monty Don's cottage garden has undergone in the past year. (S)

- 9.00** Uncanny **New edition** 3/4. Danny Robins investigates the disturbing Shadow Man case. (S)(AD)

- 10.00** Uncanny: Post Mortem **New edition** 3/4. Danny Robins takes a deeper dive into the Shadow Man case with the help of Bridget Christie. (S)(AD)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 **FILM PREMIERE** Blue Jean Drama starring Rosy McEwen and Kerrie Hayes. A closeted teacher is pushed to the brink when a new student threatens to expose her sexuality. (S) (2022, 15, 95min) ★★★★★ See review, page 27.
12.40 AM Sign Zone: Panorama (S)
1.10 Sign Zone: The Making of Bill Gates Documentary. (S)(R)(AD)
1.40 Sign Zone: Great British Menu (R)
2.40 to **6.00** AM Previews (S)

ITV1

- 103** **103** **803** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 Dickinson's Real Deal David Dickinson hosts from Newark Showground, where a woman makes 50 times more than she paid for her 19th-century Japanese vases. (S)(R)(AD)
3.00 Lingo **New edition** Word-based game show hosted by Adil Ray. (S)
4.00 Deal or No Deal **New edition** Stephen Mulhern hosts as Guy takes on the infamous Banker. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



8.00 Coronation Street

- 7.30** Emmerdale
A flashforward to later that night centres on a frozen lake, and chaos as the groups head to their respective limousines. There are two crashes as both cars swerve off the road. (S)(AD)

- 8.00** Coronation Street
Andy outlines details of the robbery to an uneasy David, Carla fears that Rob will back out of the operation, Kevin shares his test results with Jack, and Cassie is given the green light to pursue Steve. (S)(AD)

- 9.00** True Crime Presents: Connecting a Killer **New edition** Officer Steve Wilkins is shocked at unsolved crimes in his hometown, and is given permission to launch a new operation to review all of the evidence. (S)(AD)

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 The 1% Club
Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)
11.40 Who Wants to Be a Millionaire? **Celebrity Special** Jeremy Clarkson hosts a celebrity version of the big-prize quiz, with Julie Hesmondhalgh and Tony Bellew answering questions to win cash for their chosen charities. (S)(R)
12.30 AM Teleshopping
3.00 Lingo Quiz show. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to **6.00** AM Deal or No Deal (S)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104** **108** **804** **108** **4** **104** **104** **106**
- 6.25** AM Cheers 6-8/22. (S1) (S)(R)
7.45 Everybody Loves Raymond (S)(R)
9.10 Frasier 19-22/24. (S6) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From New Orleans. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun **New edition** In Portugal, a new bar is about to run out of beer. (S)
5.00 Four in a Bed **New edition** Payment Day arrives. (S)
5.30 Come Dine with Me **New edition** On the final night in Plymouth, pole fitness fanatic Katie treats her guests to a pan-Asian feast. (S)
6.00 A Place in the Sun **New edition** A couple seek their dream holiday home in Tarragona, Spain. (S)



8.00 One Question

- 7.00** News (S)
7.30 Food Unwrapped's Deep South Adventure Jimmy Doherty and Matt Tebbutt learn about the cuisine of America's Deep South. (S)(R)

- 8.00** **NEW SERIES** One Question Claudia Winkleman invites pairs of contestants to answer a single question to win a £100,000 prize. Leeds flatmates Yuz and Scott, and married couple Grace and Darren from London compete in the first edition. (S)

- 9.00** **NEW SERIES** Gogglebox The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

- 10.00** The Last Leg **New edition** Adam Hills, Josh Widdicombe and Alex Brooker are joined by comedians Nabil Abdulrashid and Catherine Bohart, and presenter Jamie Laing for a comic review of the past seven days. (S)
11.05 First Dates: Be My Valentine A poet looks for love. (S)(R)(AD)
12.10 AM Sarah Millican: Thoroughly Modern Millican Live (S)(R)
1.05 **FILM** Patti Cake\$ Music drama starring Danielle Macdonald. (S) (2017, 15, 110min) ★★
2.55 Ramsay's Kitchen Nightmares USA From California. (S)(SL)(R)
3.45 Location, Location, Location (R)
4.40 Sunday Brunch Best Bits (S)(R)
4.55 to **5.45** AM Frasier (S)(R)(AD)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40** AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S10) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **FILM PREMIERE** **Roses Are Red, Blood Is Too** Thriller starring Jessica Morris. (S) (2024, U, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** **New edition** Elvis impersonator Kenny returns to the stage after four years away from the limelight. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** Julian Norton heads up Wharfedale with Three Peaks park ranger Ian Colledge. (S)(R)
6.55 **News** (S)



8.00 **The Good Ship Murder**

- 7.00** **Loyalty Cards: Are They a Rip Off?** Presenter Alexis Conran explores the introduction of 'members-only' prices on loyalty cards. (S)(R)
7.55 **News** (S)
8.00 **The Good Ship Murder** **New episode** Côte D'Azur: 6/7. When a 1980s rock band reunion ends in death, Jack and Kate are thrust into a case filled with secrets, grudges, and a meticulously planned alibi. (S2) (S)(AD)
9.00 **Are You Being Served?: Secrets & Scandals** A look behind the scenes of the sitcom, revealing how the show's creators had to fight the BBC throughout its run to keep it on air. (S)(R)
10.00 **FILM** **Bridget Jones's Diary** Romantic comedy starring Renée Zellweger, Colin Firth and Hugh Grant. A singleton woman finds herself torn between her charming but untrustworthy boss and a seemingly aloof lawyer. (S) (2001, 15, 125min) ★★★★★
SEX ●●● **VIOLENCE** ●●● **LANGUAGE** ●●●
12.05 AM **Million Pound Motorhomes**
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Casualty 24/7: Every Second Counts** Medical series. (S)(R)
3.50 **Traffic Cops** (S)(R)
4.40 **House Busters** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 to **5.40** AM **Entertainment News** (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00** AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S1) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S7) (S)(R)
1.00 PM **S.W.A.T.** (S6) (S)(R)(AD)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** 1/20. (S5) (S)(R)
5.00 **The Simpsons Natural Born Kissers** Homer and Marge reignite their love life. (S)(R)
5.30 **Catch 'Em If You Can**: Marge and Homer go on a second honeymoon. (S)(R)
6.00 **The Office** (US) 25/26. Jim leads a search committee to recruit the next manager. (S)(R)
6.30 26/26. The search committee continues its search for the next boss. (S7) (S)(R)



6.00 **The Office** (US)

- 7.00** **The Simpsons** *The Blue and the Grey*: Marge decides to allow her hair to turn grey. (S)(R)
7.30 **Love Is in the N2-O2-Ar-CO2-Ne-He-CH4**: Professor Frink plays matchmaker. (S)(R)
8.00 **An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival in which people throw coloured dye at one another, and pays a visit to the Taj Mahal. (S)(R)
9.00 **Hacks** **New episodes** *A Gig's a Gig*: 3/10. After being enlisted the task of archiving material from Deborah's career, Ava gains an insight into her past. (S)
9.40 *D'Jewelry*: 4/10. At DJ's jewellery expo, Ava comes to better understand Deborah and DJ's complicated mother-daughter relationship. (S1) (S)
10.20 **A League of Their Own** Sports-based comedy quiz, with Anthony Gordon, Big Zuu and Maisie Adam. (S)(R)
11.20 **Boyzone: No Matter What** 2/3. The documentary charts the band's growing success, but as their popularity soars, so does the tabloid mania. (S)(R)
12.20 AM **Sex and the City** 11 & 12/18. Double bill. (S3) (S)(R)
1.35 **Road Wars** Double bill. (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 to **6.00** AM **Motorway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
11.30pm **Show People**: Licensed to Thrill (S)(R) (AD) **12.30am** **FILM** *Long Shot* (S) (2019, 15, 115min)
 ★★★★★ **2.25** **Weather** for the Week Ahead (S) **2.30-6.00am** **BBC News** (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
11.30pm **Bump** **Series finale** (S) **12.05am** **FILM** *Long Shot*: As Scotland. (S) **2.00-6.00am** **BBC News** (S)

WALES

Sky 965, Virgin 864, Freesat 965
7.30-8.00pm **Chris Cooks Cymru** **New edition** (S)

BBC2

N. IRELAND
 Sky 969, Freesat 969
 No variations

WALES

Sky 968, Freesat 968
12.00noon **LIVE** *Snooker: The Welsh Open* (S)
4.30-5.15pm *The Edge* (S) (R) **7.00** **LIVE** *Snooker: The Welsh Open* (S) **7.15** **LIVE** *Scrum V* (S) **9.35-10.30** **LIVE** *Snooker: The Welsh Open* (S) **11.05** *Snooker: The Welsh Open* (S) **11.50** *Uncanny* **New edition** (S)(AD) **12.50-1.10am** *The Pembrokeshire Coast: A Wild Year* (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am *Cyw* **12.00noon** *Newyddion a'r Tywydd* **12.05pm** *Bois y Pizza*: Chwe' Gwlad (AD) **12.30** *Heno* **1.00** *Yn y Fan a'r Lle* (AD) **1.30** *Y Fets* (AD) **2.00** *Newyddion a'r Tywydd* **2.05** *Prynhawn Da* **3.00** *Newyddion a'r Tywydd* **3.05** *Ty Ffit* **4.00** *Awr Fawr* **5.00** *Stwnsh* **6.00** *Welsh Whisperer - N'n Teithio Nawn!* (AD) **6.30** *Adre* **6.57** *Newyddion* **7.00** *Heno* **New edition** **7.30** *Newyddion a'r Tywydd* **8.00** *Noson Lawen* **8.55** *Newyddion a'r Tywydd* **9.00** *Ffa Coffi Pawb!* **10.05** *Curadur* **New edition** **10.35-11.40pm** *Jonathan*

TV&Satellite
New issue
on sale
now

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00** PM **Top Gear** Sienna Miller is the Star in a Reasonably Priced Car.
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** 5/8. The MUAs compete in teams as they are tasked to work for Adidas at Metaverse Fashion Week.
9.00 **The Traitors US** **New edition** 8/12. The Traitors have a big decision to make to secure the prize pot of up to \$250,000.
10.00 **NEW SERIES** **Funboys** 1/4. Comedy with Rian Lennon and Ryan Dylan. Life is good for the funboys until Callum gets his first-ever girlfriend. See feature, page 12. (S1) ■ Entire series on BBC iPlayer
10.25 **This Country** 1 & 2/6. (S1)
11.15 **Body on the Beach: What Happened to Annie?**
12.15 AM **Boarders** 4/6. (S2)
1.05 **Funboys** As 10.00pm.
1.30 **Top Gear** As 7.00pm.
2.30 **Eating with My Ex**
3.00 **Funboys** As 10.00pm.
3.30 to **4.00** AM **Normal People**

MORE4

136/137 831 147 18 124

- 8.55** AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** At Château de Saugé, Donna and Paul's Scottish-themed suite renovation is completed.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly fix up a 1974 Mk 1 Ford Capri.
6.55 **Tim and Fuzz** attempt to restore a 1997 Lotus Elise.
7.55 **Grand Designs** Kevin McCloud follows a project to build a miniature Hollywood Hills-style mansion in north London - a home that can only be completed by sinking half of it six metres below ground.
9.00 **Astrid: Murder in Paris** **New episode** *Immortal*: 4/8. A brilliant and secretive scientist is stabbed in a park near his home. As the case develops, Raphaëlle and Astrid discover a puzzle that will require all their abilities. Subtitled. (S4)
10.05 **24 Hours in A&E** A teenager with anorexia nervosa is rushed in with low blood pressure.
11.10 **24 Hours in A&E**
12.15 AM **999: On the Front Line** Medical series.
1.15 **24 Hours in A&E**
3.25 to **3.50** AM **Food Unwrapped Investigates**

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00** PM **TOTP: 1997** Featuring D-Ream, Robbie Williams, 911, The Cardigans, DJ Quicksilver and Shola Ama.
7.35 **Music** from Katrina & The Waves, The Seahorses, George Michaela and 911.
8.05 **TOTP: 1978** Music by Kate Bush, Bee Gees, Abba, Darts and Elkie Brooks.
8.35 **TOTP: 1985** With Dead or Alive, The Colour Field, Killing Joke and The Smiths.
9.10 **NEW** **EastEnders Sings** at the BBC A compilation of performances on *Top of the Pops* by actors from the long-running soap.
10.40 **Wogan** With guests Elton John, Tina Turner, Wendy Richards and Rory Brember.
11.20 **Queens of Song at the BBC** A selection of songs by female artists, featuring Whitney Houston, Beyoncé, Mariah Carey and Adele.
12.25 AM **TOTP: 1997**
1.30 **TOTP: 1978** As 8.05pm.
2.00 **TOTP: 1985** As 8.35pm.
2.30 to **4.00** AM **Eastenders Sings** at the BBC

E4

135/136 830 106 13 122

- 6.00** AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill.
7.30 **Modern Family** 3/24. Manny has a heart-to-heart with stepdaughter Claire. (S1)
8.00 **The Simpsons** *The Kids Are All Fight*: A flashback episode telling the story of Bart and Lisa's first fight.
8.30 *Let's Go Fly a Coot*: The family hear about Grampa's time in the Air Force
9.00 **FILM** **Meet the Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A hapless male nurse undergoes a weekend of embarrassment when he introduces his prospective in-laws to his own parents. (2004, 12, 115min) ★★★★★
11.20 **Naked Attraction**
1.25 AM **Gogglebox**
2.25 **First Dates** Valentine's
3.25 **Teen First Dates**
4.20 **Brooklyn Nine-Nine**
5.15 to **6.00** AM **Modern Family**

Friday

primetime

primetime

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Send in the Dogs
- 10.00 Border Security: Canada's Front Line Double bill.
- 11.00 The Good Doctor 7/18. (S1)
- 12.00 NOON FBI 9/13. (S6)
- 1.00 PM FBI: Most Wanted 9/13. The team hunt down the killers of two guards transporting Nigerian artefacts. (S5)
- 2.00 Caught on Dashcam
- 3.00 Stop, Search, Seize
- 4.00 Nothing to Declare

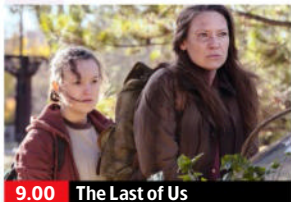


8.00 Caught on Dashcam

Sky Atlantic

108/109 808 342 357

- 6.00 AM The Guest Wing
- 8.00 True Blood 4&5/12. (S1)
- 10.00 Billions 11&12/12. (S5)
- 12.10 PM Game of Thrones (S3)
- 1.25 Big Love 9&10/12. (S2)
- 3.25 True Blood 4/12. Sookie visits a vampire bar with Bill.
- 4.25 5/12. Sookie decides to stop seeing Bill. (S1)
- 5.25 Billions 11/12. Axe plots to secure his deposits by poaching from Prince.
- 6.35 12/12. Chuck, Axe and Prince attempt to outsmart each other. (S5)



9.00 The Last of Us

Sky Max

113/114 813 111 346 351

- 6.00 AM S.W.A.T. 16&17/22. (S6)
- 8.00 The Flash 7/18. (S7)
- 9.00 Stargate SG-1 (S1)
- 11.00 Manifest 11/13. (S3)
- 12.00 NOON The Flash 8/18. (S7)
- 1.00 PM S.W.A.T. 18&19/22. (S6)
- 3.00 NCIS: Los Angeles 3/22. (S13)
- 4.00 Magnum P.I. 1/20. (S5)
- 5.00 Manifest 10/13. Michaela unearths a dangerous arsenal of 828 hate. (S3)
- 6.00 Stargate SG-1 19/22. An ancient android implants the minds of the team members into robotic bodies. (S1)



8.00 An Idiot Abroad

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 9.50 Secret Crush Double bill.
- 11.55 Dinner Date
- 12.55 PM Supermarket Sweep
- 2.00 Family Fortunes
- 3.00 Charmed 15/22. A ghost possesses Darryl's friend. (S7)
- 4.00 Gilmore Girls 14/22. Trish criticises Lorelai and Richard for their financial failings. (S4)
- 4.55 Dinner Date
- 6.00 Celebrity Catchphrase Bill Bailey, Kathy Burke and Gok Wan take part.



6.00 Celebrity Catchphrase

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.00 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal Absent Friends.
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse The Infernal Serpent: A scientist is killed just before he is about to deliver a controversial lecture.
- 5.55 Heartbeat Love's Sweet Dream: Tricia is over the moon as she and Mike finally declare their love for one another.



8.00 Midsomer Murders

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM

- 9.00 Caught on Dashcam A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

10 PM

- 10.00 The Equalizer The Lost Ones: McCall rushes to rescue two siblings after they steal a truck carrying illegal weapons. (S5)
- 11.00 The Rookie 4/14. (S3)
- 12.00 MT Law & Order: Organized Crime 4/22. (S2)
- 1.00 AM The Good Doctor (S1)
- 2.00 FBI: Most Wanted 9/22. (S3)
- 3.00 The Rookie: Feds 7/22. (S1)
- 4.00 Highway Patrol
- 5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.45 Game of Thrones Mhysa: 10/10. Daenerys discovers if she is seen as a conqueror or liberator and mercy comes from a surprising source in Dragonstone. (S3)

- 9.00 The Last of Us Infected: 2/9. After escaping the QZ, Joel and Tess clash while navigating the ruins of Boston. (S1)

- 10.05 Homicide: Life on the Street Gone for Good: 1/9. Lewis and Crosetti expose a serial murderer. Daniel Baldwin stars. (S1)

- 11.05 The Wire 11/12. (S3)
- 12.10 AM Mussolini: Son of the Century 2/8. Subtitled. (S1)
- 1.25 Band of Brothers 4/10. (S1)
- 2.40 The Gilded Age 7/8. (S2)
- 3.45 Game of Thrones
- 5.00 to 6.00 AM Richard E Grant's Hotel Secrets

+1 hour 208/209

- 7.00 Stargate SG-1 There But for the Grace of God: 20/22. Daniel enters a reality where he witnesses the invasion of Earth. (S1)

- 8.00 An Idiot Abroad 2/8. Karl arrives in India, where he attends a spring festival in which people throw dye at one another.

- 9.00 Hacks New episodes 3/10. Ava gains an insight into Deborah's past.
- 9.40 4/10. Ava comes to understand Deborah and DJ's relationship. (S1)
- 10.20 A League of Their Own Sports-based quiz, with Anthony Gordon, Big Zuu and Maisie Adam.

- 11.25 Strike Back: Vengeance 6/10. The Section 20 soldiers get their mission back on track and contact Knox's daughter Ava. (S3)
- 12.25 AM The Force: Manchester
- 1.25 Road Wars Double bill.
- 3.00 NCIS: Los Angeles 3/22. (S13)
- 4.00 Magnum P.I. 1/20. (S5)
- 5.00 to 6.00 AM Highway Patrol

- 7.00 Family Fortunes Gino D'Acampo hosts as the Karunwis of Scotland go up against the Keelers from Great Yarmouth.

- 8.00 Gordon Ramsay's Food Stars USA The remaining contestants head to the desert to prepare an outdoor dining experience.

- 9.00 Love Island: All Stars New edition The big finale is edging closer by the day as the heat rises for the contestants.

- 10.05 Family Guy 2/30. Chris develops a crush. (S4)
- 10.35 12/22. Meg goes on a date with a guy she met online. (S11)
- 11.05 Family Guy 2/7. Peter destroys a TV transmitter and gets Meg to take the blame. (S1)
- 11.35 American Dad! (S1)
- 12.35 AM Bob's Burgers (S7&12)
- 1.35 Deep Fake Neighbour Wars: Best Bust Ups
- 2.05 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat Skeletons and Cupboards: Mike worries that Tricia may have gone back to work too soon following her heart attack.

- 8.00 Midsomer Murders Echoes of the Dead: Barnaby and Jones investigate a spate of wedding-themed murders, beginning with the drowning of a woman made to look like a bride. Guest stars Pam Ferris and Kacey Ainsworth.

- 10.00 Endeavour Arcadia: The detective discovers dark secrets in a family-run supermarket, as he investigates a possible connection to a fire that killed an artist.

- 12.00 MT Trial & Retribution 1/2. Investigating the discovery of a young woman's skeleton found under the patio of an old boarding house. (S5)
- 2.00 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.15 LIVE SportsScene: SWPL Glasgow City v Celtic: The Scottish Women's Premier League match from Petershill Park. Kick-off is at 7.30.
- 9.45 Growing Up Scottish Comedians and entertainers discuss music of the past.
- 10.00 Still Game Fly Fishing: 1/6. The Clansman regulars are turfed out by Boabby, who has big plans for the pub. (S8)
- 10.30 Dinosaur 4/6. The bridal party head to Rothersey for the hen do. (S1)
- 10.55 Janey Godley: Still Got It Stand-up performance recorded at Glasgow's Websters Theatre in 2022.
- 11.45 PM to 12.00 MT Short Stuff Compilation of comedy sketches.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Mr Mayor (S2)
- 9.00 The Conners (S4)
- 10.00 Hung 5&6/10. (S1)
- 11.20 High Maintenance
- 12.35 PM Entourage (S8)
- 1.45 Hung 5&6/10. (S1)
- 3.05 High Maintenance
- 4.25 Wellington Paranormal
- 5.30 Mr Mayor 10/10. (S2)
- 6.00 The Office (US) (S7)
- 7.00 The Conners (S4)
- 8.00 Mr Mayor 4&5/10. (S2)
- 9.00 Veep 5/10. Ben and Kent must deal with a Turkey Day crisis.
- 9.40 6/10. Selina Meyer faces an important decision as the US teeters on the brink of financial meltdown. (S5)
- 10.20 The Tonight Show Starring Jimmy Fallon New edition Chat show.
- 11.20 And Just Like That...
- 12.10 AM Sex and the City
- 1.35 Mr Mayor (S2)
- 2.45 High Maintenance
- 4.15 to 5.00 AM The Righteous Gemstones

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM André Rieu: Romantic Moments
- 7.00 André Rieu: Love Songs
- 8.15 The Joy of Painting
- 8.45 Tales of the Unexpected
- 9.55 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Portrait Artist...
- 1.00 PM Tales of the...
- 2.00 David Hockney: In Normandy
- 3.00 Discovering
- 4.00 Guy Garvey: From the...
- 5.00 Portrait Artist 2020
- 6.00 Tales of the Unexpected
- 7.00 Alfred Hitchcock Hour
- 8.00 Guy Garvey: From the Vaults Clips from 1985.
- 9.00 NEW Luther: Never Too Much
- 11.05 Luther Vandross at the Royal Albert Hall
- 1.00 AM Johnson & Knopfer's Music Legends Carlos Santana.
- 2.00 Santana: Greatest Hits
- 3.40 Jimi Hendrix at Woodstock
- 5.00 to 6.00 AM The Big Design Challenge

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Monkey Life
- 10.00 The Force: Manchester
- 11.00 Highway Patrol
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Monkey Life
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 4/26. (S7)
- 5.00 Stargate Atlantis (S1)
- 6.00 Star Trek: Deep Space Nine 24/26. (S7)
- 7.00 Star Trek: Voyager (S4)
- 8.00 Hawaii Five-0 (S8)
- 10.00 S.W.A.T. Armory: 17/22. An ex-convict holds Jessica and Michael hostage. (S1)
- 11.00 Twisted Killers
- 12.00 MT Britain's Most Evil Killers Peter Moore.
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: Law & Disorder Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Backyard Builds New edition DIY series.
- 8.10 Olivia Meets Her Match
- 9.10 Judi Love's Culinary...
- 10.10 Making It Home
- 11.10 The Real Housewives of Beverly Hills
- 12.05 PM Olivia Meets Her Match Reality series.
- 1.05 The Only Way Is Essex
- 2.15 Dinner Date
- 3.15 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of Beverly Hills
- 5.00 The Real Housewives of New Jersey New edition
- 6.00 Making It Home with Kortney & Kenny
- 7.00 Judi Love's Culinary Cruise From Delphi.
- 8.00 Dinner Date
- 9.00 Botched Double bill.
- 10.55 Dr. 90210
- 11.50 The Only Way Is Essex
- 12.50 AM Backyard Builds
- 1.15 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 4/22. (S3)
- 11.00 Sue Thomas: F.B. Eye
- 12.00 NOON Hart to Hart (S4)
- 2.00 PM Father Dowling Mysteries 9/22. (S3)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H 4-8/16. (S11)
- 9.00 Randall and Hopkirk (Deceased) When the Spirit Moves You: 16/26. A crook gives Jeff 24 hours to come up with £125,000 in bonds (S1)
- 10.00 The Avengers The See-Through Man: 4/24. An invisibility formula goes astray. (S5)
- 11.00 The Persuaders! (S1)
- 12.00 MT M*A*S*H (S11)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM The Best of the 80s
6.20 The Professionals
7.20 Memoirs of Sherlock Holmes
8.30 Magnum, PI
9.30 Kojak
10.35 BattleBots
11.40 Memoirs of Sherlock Holmes
12.50 PM Magnum, PI
1.50 Kojak
2.55 Minder
4.00 **LIVE** Formula E Coverage of race one of the Jeddah ePrix, the third race of the season.
6.35 River Monsters



9.00 Robin Hood

- 7.00 **The Motorbike Show** Henry Cole takes a ride through the Cotswolds and meets the designers reviving Royal Enfield.
8.00 **Giant Lobster Hunters** Documentary series following the dramas of six lobster boat captains.

- 9.00 **FILM Robin Hood** Ridley Scott's adventure starring Russell Crowe and Cate Blanchett. A humble archer takes on the identity of a dead knight while returning from the Crusades and goes to the aid of the man's widow. (2010, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

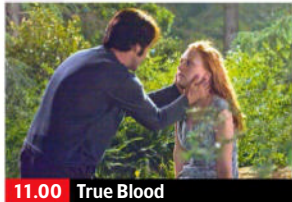
- 11.50 **Wrestling: AEW Dynamite**
1.50 **AM Dark Side of the Ring** **New edition** A look back at one of wrestling's most infamous scandals when intoxicated wrestlers clashed with a flight crew.
2.40 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: The Next Generation 21/26. (S3)
12.00 NOON Star Trek: Voyager
1.00 PM Star Trek: Deep Space Nine 10/26. (S6)
2.00 Warehouse 13 4/13. (S3)
3.00 Stargate SG-1 3/20. (S9)
4.00 Star Trek: Voyager (S2)
5.00 Star Trek: Deep Space Nine
6.00 Star Trek: The Next Generation 21/26. An engineer's incompetence puts the crew in jeopardy. (S3)



11.00 True Blood

- 7.00 **Warehouse 13** *Queen for a Day*: 4/13. Pete's ex-wife is stung by a metal bee from the warehouse with bizarre results. (S3)
8.00 **Stargate SG-1** *Origin*: 3/20. A group of unforgiving gods threaten to destroy Earth. (S9)

- 9.00 **Grimm** *The Other Side*: 8/22. Nick and Hank investigate after a high-school student is killed by a monster. (S2)

- 10.00 **The Walking Dead** *I Ain't a Judas*: 11/16. With their security threatened, Rick and the group must make a choice. (S3)

- 11.00 **True Blood** 11/12. Bill completes Jessica's transformation into a vampire.
12.00 MT 12/12. The identity of the serial killer is revealed, and Tara meets another temporary resident. (S1)
1.00 AM **SurrealEstate** (S2)
3.00 **Chucky** 1/8. (S1)
4.00 to 6.00 AM Most Haunted

+1 hr 241/269 320/362 130

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S10)
9.00 Father Brown
10.00 The Doctor Blake Mysteries
11.00 Hudson & Rex 15/16. (S3)
12.00 NOON The Mentalist (S4)
1.00 PM Death in Paradise (S5)
2.00 Murdoch Mysteries (S10)
4.00 The Doctor Blake Mysteries
5.00 Hudson & Rex 15/16. A magician dies during a practice-run of a routine. (S3)
6.00 **Father Brown** *The Red Death*: Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.



7.00 The Mentalist

- 7.00 **The Mentalist** *Something's Rotten in Redmund*: 20/24. The team discover hate mail in the bag of a murdered teacher. (S4)

- 8.00 **White Collar** *Parting Shots*: 4/16. Neal and Peter investigate a widow about to receive a huge life insurance payment. (S4)

- 9.00 **Father Brown** *The Sacrifice of Tantalus*: A man suspected of killing a police officer is seen near Kempleford.

- 10.00 **Death in Paradise** *A Personal Murder*: 4/8. Dwayne receives a text message from beyond the grave. (S5)

- 11.00 **The Mentalist** As 7.00pm.
12.00 MT **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 4/10. Allie gets trapped the basement of an abandoned hospital. (S3)
1.55 **So Help Me Todd** 15/21. (S1)
2.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.30 AM Highlights
8.40 The Thin Blue Line
9.20 The Green Green Grass
10.00 Are You Being Served?
10.40 Porridge
11.20 Last of the Summer Wine
12.40 PM The Green Green Grass
1.20 Dad's Army
2.40 Porridge
3.20 Are You Being Served?
4.00 Last of the Summer Wine
5.20 The Green Green Grass
6.00 Are You Being Served?
6.40 Dad's Army



6.00 Are You Being Served?

- 7.20 **Dad's Army** The platoon raise money for the local Spitfire fund by having a bash at Morris dancing.

- 8.00 **The Good Life** Barbara agrees to become the Leadbetter's housekeeper.

- 8.40 **The Thin Blue Line** Fowler decides he needs to gain more respect.

- 9.20 **Blackadder the Third** Edmund discovers Prince George is broke. Guest stars Miranda Richardson.

- 10.00 **The Office** David shares the secrets of his unique management philosophy with a trade magazine.
10.40 **The Good Life** As 8pm.

- 11.20 **The Thin Blue Line**
12.00 MT **Blackadder the Third**
12.40 AM **The Office** As 10.00pm.
1.20 **Toast of London** Steven hires a new agent and tries his hand at a different career.
1.55 **The Real McCoy**
2.35 to 4.00 AM The Outlaws

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM **The Hairy Bikers' Asian Adventure** From Kyoto.
8.00 **Cop Car Workshop**
10.00 **Robson's Extreme Fishing Challenge** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Guy Martin's Battle of Britain 2/2**. Guy's training ramps up at the UK's only aerial combat school.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The history of famous pies.
6.00 **Rick Stein's Long Weekends** The chef visits Copenhagen.



5.00 Best of British

- 7.00 **Would I Lie to You?** With Mackenzie Crook, Chris Packham, Victoria Coren Mitchell and Rhod Gilbert.

- 7.40 **Richard Osman's House of Games** With Thanyia Moore and Kaye Adams.
8.20 With Ruby Bhogal, Ed Byrne, Ingrid Oliver and Matthew Pinsent.

- 9.00 **QI XL** Guests Sara Pascoe, Colin Lane and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig.

- 10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts, with guests Jamie MacDonald and Steph McGovern.

- 11.00 **Taskmaster**
12.00 MT **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Hate Thy Neighbour** **New edition** Jamali Maddix explores a small-town pastor's rise to fame.
2.45 to 4.00 AM Hypothetical

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** House-hunting in south London.
7.00 **The Dog House**
8.00 **George Clarke's Building Home** A couple from Glasgow transform a castle-like tower into their dream home.
9.00 **24 Hours in A&E** A man is treated after slicing through his ankle.
10.00 **Super Surgeons: A Chance at Life** A midwife may need to have her arm amputated to remove a tumour.
11.05 **Gogglebox** Double bill.
1.10 AM **First Dates**
2.15 **Dubai: Buying the Dream** Double bill.
4.15 to 4.45 AM **Food Unwrapped's Deep South Adventure**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM NCIS 7-9/24. (S9)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Playing with Fire*: 22/24. The team discover an arsonist was not working alone.
7.00 **Up in Smoke**: 23/24. The investigators try to catch fugitive terrorist Harper Dearing.
8.00 **Till Death Do Us Part**: 24/24. Gibbs takes desperate measures to track down Harper Dearing. (S9)
9.00 **Extreme Prejudice**: 1/24. Harper Dearing is hunted following the attack on the HQ. (S10)
10.00 **Law & Order: Special Victims Unit** *Criminal Hatred*: 12/24. Several men are attacked. (S14)
11.00 **Law & Order: Special Victims Unit** (S14&13)
1.55 AM **Blue Bloods** (S6)
2.50 **New York Undercover** to 4.00 AM
Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty** 24/7: Every Second Counts
9.00 **FILM Shirley Valentine** Romantic comedy with Pauline Collins. (1989, 15, 108min) ★★★★★
11.15 **FILM Van Wilder: Party Liaison** Comedy. (2001, 15, 93min) ★
1.15 AM **Accused** **Series finale** 15/15. An aging rockstar tries to cement his legacy. (S1)
2.10 **Police Interceptors**
3.00 **Home and Away**
3.50 to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Trucking Hell**
9.15 **Car Pound Cops**
9.45 **Traffic Cops**
10.45 **Police Interceptors**
11.50 **The Gambler Returns: The Luck of the Draw**
1.45 PM **FILM Only the Valiant** Western. (1951, b/w, PG, 100min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police Code Zero: Officer Under Attack** A man slashes an officer in London.
10.00 **Police Interceptors** The work of a high-speed police interception unit.
11.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
12.00 MT **Broadmoor: For the Criminally Insane**
1.00 AM 999: Criminals Caught on Camera
2.00 **Trucking Hell**
3.55 to 4.00 AM Entertainment News

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Million Pound Build for Children in Need**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Million Pound Build for Children in Need**
7.00 **Property Brothers: Family Flashback**
8.00 **Inside the Ambulance**
9.00 **999 Rescue Squad** A pick-up truck driver causes carnage.
10.00 **A teenage dare** leads to a huge rescue operation after a boy vanishes in the water.
11.00 **Gavin & Stacey**
1.00 AM **Emma Willis: Delivering Babies**
2.00 to 3.00 AM **One Born: What Happened Next?**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.15 AM **All Creatures Great and Small**
8.05 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.25 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill
8.00 **Father Brown** *The Wheels of Wrath*: A group of bikers cause outrage and excitement in equal measure in Kempleford.
9.00 *The Serpent Within*: Sullivan is arrested for receiving stolen goods.
10.00 **New Tricks** *Good Morning Lemmings*.
11.20 **Bergerac**
12.25 AM **Lovejoy**
2.50 to 4.00 AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** A couple hope to find an apartment in Lytham St Annes.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 11.00 **A Place in the Sun**
- 1.00 PM **Money for Nothing**
- 3.00 **Antiques Road Trip**
- 5.00 **The Yorkshire Auction House** Double bill.
- 7.00 **Antiques Road Trip** Natasha Raskin Sharp decides to take a gamble on a rare plate.
- 8.00 **Charles Hanson** takes part in a whirlwind shopping dash.
- 9.00 **Yorkshire Air 999** **New edition** The crew fly to a factory where a worker has sliced his arm with an angle grinder.
- 10.00 **Helicopter ER**
- 12.00 **MT Celebrity Help! My House Is Haunted**
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Salvage Hunters**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Documentary.
- 8.00 **Outback Opal Hunters**
- 9.00 **Deadliest Catch**
- 11.00 **Wheeler Dealers**
- 11.45 **LIVE Snooker: Welsh Open** Coverage of the afternoon session on day five at Venue Cymru in Llandudno, featuring the opening quarter-finals.
- 6.00 PM **Alaskan Bush People** Billy and his sons face a long journey.
- 7.00 **Deadliest Catch** On the *Cornelia Marie*, a deckhand narrowly escapes disaster.
- 8.00 **Wild Bill** enlists Jake's diver to attempt a risky underwater repair.
- 9.00 **Wheeler Dealers**
- 11.00 **Aussie Gold Hunters**
- 12.00 **MT Naked and Afraid XL** Documentary.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
- 8.00 **A Place in the Sun**
- 10.00 **Escape to the Country**
- 12.00 **NOON My Lottery Dream Home**
- 2.00 PM **A Place in the Sun**
- 3.00 **Escape to the Country**
- 5.00 **A Place in the Sun**
- 8.00 **Escape to the Country**
- 9.00 **The Great Pottery Throw Down** The ceramists throw a double-walled pot and make a large clock.
- 10.00 **My Lottery Dream Home** Double bill.
- 11.00 **Home Town** Ben and Erin create a deluxe kitchen and porch in a home in Mississippi.
- 12.00 **MT Good Bones** Mina takes on a house she purchased sight unseen.
- 1.00 AM **Building Alaska**
- 2.00 **Flip or Flop** Double bill.
- 3.00 to 4.00 AM **My Lottery Dream Home**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 10.00 **The Crystal Maze**
- 11.00 **Cash in the Attic**
- 12.00 **NOON Tenable**
- 1.00 PM **Family Fortunes**
- 3.00 **Catchphrase** Double bill of the game show.
- 4.00 **Blockbusters** Double bill of the quiz show.
- 5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
- 6.00 **Through the Keyhole** Double bill of the quiz show.
- 7.00 **Tenable** Five bed specialists compete in the quiz show hosted by Warwick Davis.
- 8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 **Tenable** As 7.00pm.
- 11.00 **Bullseye** Double bill of the darts-based quiz.
- 12.00 **MT Weakest Link**
- 1.00 AM **The Crystal Maze**
- 2.00 **The Chase** Double bill.
- 4.00 **Tenable** As 7.00pm.
- 5.00 to 6.00 AM **Bullseye**

Food Network

140/141 190 43 148

- 6.00 AM **James Martin's French Adventure**
- 7.00 **The Pioneer Woman**
- 9.00 **Nigella Bites**
- 11.00 **Great British Bake Off**
- 1.00 PM **Rick Stein's Food Heroes: Another Helping** Double bill.
- 2.00 **James Martin's French Adventure**
- 3.00 **The Pioneer Woman**
- 5.00 **Nigella Bites**
- 7.00 **Great British Bake Off**
- 9.00 **Rick Stein's Food Heroes: Another Helping** Double bill.
- 10.00 **James Martin's French Adventure** A visit to L'Isle-sur-la-Sorgue.
- 11.00 **Diners, Drive-Ins and Dives** **New editions**
- 12.00 **MT Diners, Drive-Ins and Dives** Double bill.
- 1.00 AM **Man v Food** with Casey Webb
- 2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Extreme Cheapskates**
- 8.00 **Flip or Flop**
- 9.00 **Say Yes to the Dress**
- 11.00 **My 600lb Life**
- 12.00 **NOON Dr Pimple Popper** Medical series.
- 1.00 PM **sMothered**
- 2.00 **Return to Amish: Abe**
- 3.00 **Outdaughters: Busby** Quints Double bill.
- 5.00 **My 600lb Life**
- 6.00 **Dr Pimple Popper**
- 7.00 **1000-lb Sisters** Amy plans a unique bash for Tammy's 35th birthday.
- 8.00 **My 600lb Life: Where Are They Now?**
- 10.00 **My 600lb Life**
- 12.00 **MT Bugs, Bites and Parasites: Tropical Diseases Uncovered**
- 1.00 AM **Extreme Couponing**
- 2.00 **My 600lb Life**
- 4.00 to 6.00 AM **My 600lb Life: Where Are They Now?**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **Wanted: Dead or Alive** Western.
- 8.50 **FILM We Dive at Dawn** Wartime drama. (1943, b/w, U, 97min) ★★★
- 11.00 **The High Chaparral**
- 12.00 **NOON Wanted: Dead or Alive** Double bill.
- 1.00 PM **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
- 3.30 **FILM Prairie Fever** Western. (2008, PG, 81min) ★★★
- 5.30 **Wanted: Dead or Alive**
- 7.00 **The High Chaparral**
- 8.00 **FILM Shane** Western with Alan Ladd. (1953, PG, 118min) ★★★★★
- 10.30 **FILM Hang 'Em High** Revenge Western with Clint Eastwood. (1967, 18, 114min) ★★★★★
- 1.10 AM **FILM Jetstream** Disaster movie. (2012, 12, 88min) ★★
- 3.00 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 24/25. (S2)
- 9.00 **Six Million Dollar Man**
- 10.00 **T.J. Hooker** 18/22. (S3)
- 11.00 **FILM Apocalypse** Pompeii Disaster movie. (2014, 15, 87min) ★
- 1.00 PM **FILM The Purple Plain** War drama. (1954, PG, 100min) ★★★
- 3.00 **FILM Iron Eagle II** Action adventure sequel. (1988, PG, 101min) ★
- 5.00 **Star Trek** 23/30. (S1)
- 6.00 **T.J. Hooker** 19/22. (S3)
- 7.00 **Six Million Dollar Man**
- 8.00 **Walker, Texas Ranger**
- 9.00 **FILM The Cold Light of Day** Action thriller. (2012, 12, 89min) ★★
- 10.55 **FILM Born to Raise Hell** Crime thriller. (2010, 18, 92min) ★★
- 12.50 AM **FILM Bird on a Wire** Comedy thriller. (1990, 15, 110min) ★★
- 3.00 to 4.50 AM **FILM War Pigs** War adventure. (2015, 15, 88min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
- 9.00 **Guessable?**
- 10.00 **Home Improvement**
- 12.00 **NOON Last Man Standing** 11 & 12/24. (S1)
- 1.00 PM **Friends** (S4&5)
- 9.00 **Michael McIntyre's Big Show** Featuring performances by Sarah Millican and Tom Odell.
- 10.00 **Kevin Bridges: The Story Continues** The comedian performs at Glasgow's SECC Arena.
- 11.00 **FILM Drop Dead Gorgeous** Spoof documentary with Kirsten Dunst and Kirstie Alley. (1999, 15, 100min) ★★
- 1.00 AM **Impractical Jokers**
- 2.00 **Whose Line Is It Anyway? USA**
- 3.00 **Key & Peele**
- 3.25 **Teachers** 1/20. (S3)
- 3.50 **The Daily Show** **New edition** Talk show.
- 4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Crimes of Passion** Thriller. (2005, PG, 86min) ★★★
- 10.55 **FILM 911** Nightmare Thriller. (2015, 15) ★★
- 1.00 PM **FILM The Good Sister** Thriller. (2014, PG, 84min) ★★
- 2.55 **FILM Evil Nanny** Thriller. (2016, 12, 90min) ★★
- 5.00 **FILM Garage Sale** **Mysteries: Murder in D Minor** Crime drama. (2018, 12, 90min) ★★
- 7.00 **Perception** Double bill.
- 9.00 **FILM Signs** Sci-fi drama with Mel Gibson. (2002, 12, 106min) ★★★★★
- 11.15 **FILM How I Spent My Summer Vacation** Crime thriller. (2012, 15, 92min) ★★★★★
- 1.25 AM **FILM First Kill** Thriller. (2016, 12, 97min) ★★
- 3.30 **Air Rescue**
- 4.00 to 6.00 AM **FILM Gone Missing** Thriller. (2013, 12, 80min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Dragonquest** As shown at 5.00pm.
- 8.00 **FILM Coast of Skeletons** Adventure sequel with Richard Todd. (1964, U, 90min) ★★
- 10.00 **Farscape** 22/22. (S1)
- 11.00 **Mission 2/2**. (S1)
- 1.00 PM **FILM Shark Season** Thriller. (2020, PG) ★★
- 3.00 **Farscape** 22/22. (S1)
- 4.00 **Star Trek** 1/26. (S2)
- 5.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
- 7.00 **Farscape** 1/22. (S2)
- 8.00 **Star Trek** 2/26. (S2)
- 9.00 **FILM Highlander** Sci-fi action thriller starring Sean Connery. (1986, 15, 111min) ★★★★★
- 11.15 **FILM Witchfinder** General Horror starring Vincent Price. (1967, 15, 98min) ★★★★★
- 1.00 to 3.00 AM **FILM Await Further Instructions** Horror. (2018, 15) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Impractical Jokers**
- 10.00 **Becker** 16&17/22. (S1)
- 11.00 **Friends** 14-17/24. (S4)
- 1.00 PM **Criminally Funny**
- 2.30 **Impractical Jokers**
- 3.00 **Whose Line Is It Anyway? USA**
- 4.00 **Guessable?**
- 5.00 **Becker** 16&17/22. (S1)
- 6.00 **Home Improvement**
- 8.00 **Last Man Standing**
- 9.00 **Whose Line Is It Anyway? USA**
- 10.00 **Friends** 5-8/24. (S4)
- 12.00 **MT Comedy Central Live** With Eddie Kadi and Sarah Keyworth.
- 1.00 AM **AI Murray: Beautiful British Tour** - Live at the O2
- 3.20 **Fin Taylor: Comedy Central Live** Stand-up.
- 3.45 **Fat Chat** with Desiree Burch With Jack Rooke.
- 3.55 **Key & Peele**
- 5.15 to 6.00 AM **Home Improvement**

GREAT! romance

319 424 52

- 8.10 AM **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
- 10.10 **FILM All Things Valentine** Comedy. (2016, PG, 83min) ★★
- 12.05 PM **FILM Be My Valentine** Comedy. (2013, PG, 90min) ★★
- 2.00 **FILM Welcome to Valentine** Drama. (2023, PG, 85min) ★★
- 4.05 **FILM Valentine in the Vineyard** Drama. (2019, PG, 95min) ★★
- 6.10 **FILM Valentine's Again** Fantasy. (2017, PG) ★★
- 8.00 **FILM Love Finds You** in Valentine Drama. (2016, PG, 87min) ★★
- 9.55 **FILM Valentine Ever After** (2016, PG) ★★
- 11.45 **FILM Our Take on Love** Drama. (2022, PG) ★★
- 1.55 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM A Winter Princess** Drama. (2019, PG, 82min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real...**
- 6.40 **Pawn Stars**
- 7.30 **Auction Hunters**
- 7.55 **Storage Wars: Texas**
- 8.55 **Hardcore Pawn**
- 10.15 **Alien Disclosure Files**
- 11.10 **Weird or What?** With William Shatner
- 12.10 PM **What on Earth?**
- 1.05 **Mysteries from Above**
- 2.05 **Pawn Stars**
- 3.05 **Storage Wars: Texas**
- 4.00 **Ancient Aliens**
- 6.00 **Alien Disclosure Files**
- 7.00 **Pawn Stars**
- 8.00 **Dickinson's Real Deal**
- 9.00 **Mission Unexplained**
- 10.00 **Strange Evidence**
- 11.00 **World's Most Unexplained...**
- 12.00 **MT Paranormal: Caught on Camera**
- 1.00 AM **Alien Disclosure Files** Double bill.
- 2.00 **Strange Evidence**
- 3.00 **Hardcore Pawn**
- 3.25 **Rust Valley Restorers**
- 4.10 to 6.00 AM **Pawn Stars**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
- 8.00 **Four Weddings**
- 10.00 **Highway Patrol**
- 11.00 **Border Patrol**
- 12.00 **NOON The Rookie** (S4)
- 2.00 PM **The Real A&E**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **Air Ambulance ER**
- 6.00 **The Flash** 17/18. (S7)
- 7.00 **MacGyver K9 & Smugglers & New Recruit** 15/22. The team protect a gun-sniffing dog.
- 8.00 **Lidar & Rogues & Duty** 16/22. Riley tries to identify a hacker. (S3)
- 9.00 **The Force: Manchester**
- 11.00 **Road Wars**
- 12.00 **MT The Russell Howard Hour** Double bill.
- 2.00 AM **A League of Their Own** With Alex Brooker.
- 3.00 **Duck Quacks Don't Echo** With Jack Dee.
- 4.00 **Four Weddings**
- 5.00 to 6.00 AM **Sixth Sense** with Colin Fry

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Rewind TV

182 95

- 6.00 AM **Highlights**
- 9.00 **Space 1999** 19/24. (S1)
- 10.00 **Time After Time** (S1)
- 10.30 **Watching 1/7**. (S7)
- 11.00 **Diff'rent Strokes** (S1)
- 11.30 **I Dream of Jeannie**
- 12.00 **NOON Shine on...**
- 1.00 PM **Jason King** (S1)
- 2.00 **Born Free** (S1)
- 3.00 **Whicker's World**
- 3.50 **Mysterious Tales** (S1)
- 4.00 **Stereo Underground**
- 5.00 **Diff'rent Strokes** (S1)
- 5.30 **Watching 1/7**. (S7)
- 6.00 **I Dream of Jeannie**
- 6.30 **Married... With Children**
- 7.00 **The Zoo Gang** 3/6. (S1)
- 8.00 **Born Free** (S1)
- 9.00 **Jason King** 3/26. (S1)
- 10.00 **Married... With Children**
- 10.30 **Drop the Dead Donkey**
- 11.00 **The Mrs Merton Show**
- 11.35 **Stereo Underground**
- 12.35 AM **Bubblegum & Cheese** 12/13. (S1)
- 1.35 **Shine on Harvey Moon**
- 2.35 **Whicker's World**
- 3.25 to 6.00 AM **Highlights**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
- 10.00 **Cumbria: The Lakes & the Coast**
- 11.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 1.00 PM **The Yorkshire Vet**
- 3.00 **Murder, She Wrote**
- 4.00 **Columbo**
- 5.30 **Walking Tudor Britain**
- 6.00 **Scotland's Most Scenic Railway Journeys**
- 7.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 9.00 **Britain's Killer Wave of 1607** A look at the Bristol Channel floods of January 1607.
- 10.00 **Walking Britain's Roman Roads** Exploring what led the Romans to abandon Britain.
- 11.00 **Prisoner: Cell Block H**
- 1.05 AM **Bargain-Loving Brits in the Sun**
- 3.00 **Cumbria: The Lakes & the Coast**
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **The Hills**
- 6.20 **16 and Pregnant**
- 7.10 **Teen Mom OG**
- 9.00 **Teen Mom 2**
- 11.00 **Catfish: The TV Show**
- 1.00 PM **Catfish: The TV Show** Six editions.
- 7.00 **Teen Mom: The Next Chapter** Leah is proud when Aliannah decides to write about her experience with muscular dystrophy.
- 8.00 **Help! I'm in a Secret Relationship!** Tangy wants to propose and become a legal guardian, but needs to know why Jenny is hiding her.
- 9.00 **Skin A&E** A butcher from Somerset brings a sizeable lipoma on his neck for Dr Dev Shah.
- 10.00 **MTV Unplugged** The best of Eric Clapton.
- 12.00 **MT Behind the Music**
- 1.30 AM **Ink Master**
- 3.10 to 4.00 AM **Ex on the Beach**

Discovery

125/126 823 177 320 325

- 6.00 AM **How Do They Do It?**
 7.00 **Building Off the Grid**
 9.00 **Kindig Customs** Double bill.
 11.00 **Wheeler Dealers**
 1.00 PM **Alaska: Homestead Rescue** Double bill.
 3.00 **Gold Divers** Chris McCully has a close call while diving.
 4.00 Chris McCully is forced into a dangerous solo dive.
 5.00 **Deadliest Catch** Johnathan pulls up a mystery species.
 6.00 **Wheeler Dealers** A rare 33-year-old Peugeot 405.



10.00 Moonshiners

- 7.00 **Salvage Hunters** A pub owner who has been hoarding antiques in Staffordshire for more than 50 years.
 8.00 **Gold Rush** Parker makes a purchase that shocks the entire team, while Tony clamps down on his son Mike's operation.
 9.00 **Mystery at Blind Frog Ranch** **New edition** Duane and James meet with an expert after drilling an Aztec aqueduct.
 10.00 **Moonshiners** **New edition** Mark and Digger corner a man who stole liquor, while Mike and Jerry retreat to Mississippi.
 11.00 **Expedition Unknown**
 12.00 **M'T Street Outlaws: Locals Only** From Arizona.
 1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
 2.00 **Moonshiners** As 10.00pm.
 3.00 **Gold Rush** **New edition** Rick gambles all his profits.
 4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM **Animal Cribbs**
 9.00 **Crikey! It's the Irwins**
 10.00 **Dogs 101** Travel companions.
 11.00 **Alaska: Homestead Rescue**
 12.00 **NOON Animal Cribbs**
 1.00 PM **Crikey! It's the Irwins**
 2.00 **Flying Wild Alaska**
 3.00 **Pit Bulls & Parolees: Tia's Tales** Documentary.
 4.00 **Pit Bulls & Parolees**
 5.00 **Alaska: Homestead Rescue** Marty moves a failing cabin onto a flood-proof foundation.
 6.00 **Animal Cribbs** The biggest and best builds from the series.



7.00 Crikey! It's the Irwins

- 7.00 **Crikey! It's the Irwins** Bindi swims alongside whale sharks, assisting with research efforts on the world's largest fish.
 8.00 **I'm Alive** How two men fought for their lives against 35 chimpanzees, and the story of a man who was bitten by a viper.
 9.00 **I Was Prey** A man who accidentally stepped on a crocodile while swimming in a river in South Africa.
 10.00 **Alaskan Bush People** The family work to keep spirits high as Ami prepares for her cancer treatment in California.
 11.00 **Project Grizzly** Jeff teaches the bears how to den up.
 12.00 M'T Jeff teaches the bears to be scared of humans before they are released.
 1.00 AM **Alaskan Bush People**
 2.00 **Pit Bulls & Parolees**
 3.00 **Alaska: Homestead Rescue**
 4.00 to 5.00 AM **Animal Cribbs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM **Food Factory USA**
 8.30 **Food Factory**
 9.00 **Air Crash Investigation**
 10.00 **World War II: Secrets from Above** Documentary.
 11.00 **Airport Security: Rome**
 12.00 **NOON Car 5.0.5**
 1.00 PM **Mutant Weather**
 2.00 **Air Crash Investigation**
 3.00 **Egypt's Sunken City: Drain the Oceans**
 4.00 **Lost Treasures of the Bible**
 5.00 **Car 5.0.5** A Fiat Uno Turbo.
 6.00 **Nazi Megastructures** The story behind the Atlantic Wall.



10.00 UFOs: Investigating...

- 7.00 **Air Crash Investigation** The pilots of Transair 671 manage a landing at a French military airfield after a massive explosion.
 8.00 **Air Crash Investigation** The case of Sriwijaya Air Flight 182, which crashed into the Java Sea after a hard left bank.
 9.00 **Gallipoli's Deep Secrets** Dr Robert Ballard takes a look at World War One ship and submarine wrecks in Turkish waters.
 10.00 **UFOs: Investigating the Unknown** People share stories of encounters with entities associated with the phenomena.
 11.00 **Air Crash Investigation**
 12.00 **M'T Colossal Machines** A look at the power of the atom.
 1.00 AM **To Catch a Smuggler**
 2.00 **Lords of War**
 2.30 **Made in a Day**
 3.20 **Food Factory** Double bill.
 4.10 to 5.00 AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM **American Pickers**
 6.50 **Claw Hunters**
 7.45 **Flipping Bangers**
 8.45 **Forged in Fire**
 9.35 **Storage Wars** Five editions.
 12.00 **NOON Mountain Men**
 1.00 PM **Flipping Bangers**
 2.00 **Combat Trains** Double bill.
 4.00 **Digging for Britain**
 5.00 **Pawn Stars** A customer brings in a Batman collector's item.
 5.30 One of the first Jeeps built for World War Two service.
 6.00 **American Pickers** A racing driver's motorbike collection.



10.00 Ancient Aliens: Origins

- 7.00 **Forged in Fire** Two smiths head on to the final round to recreate the German Halberd, a medieval era triple threat.
 8.00 **River Hunters** Beau Ouimette and Rick Edwards search the UK's waterways in search of archaeological finds.
 9.00 **Royal Autopsy** Professor Alice Roberts delves into the life and death of Anne, Queen of England from 1702 to 171.
 10.00 **Ancient Aliens: Origins** **New edition** A look into the influence of powerful tools and weapons from beyond Earth.
 12.00 **M'T Pawn Stars** A blade said to once belong to a Japanese World War Two admiral.
 1.00 AM **A one-of-a-kind chair** with a strange feature.
 2.00 **Mayhem! The Secret Lives of the Georgian Kings**
 3.00 **River Hunters** As 8.00pm.
 4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM **Antiques Roadshow**
 8.00 **Abandoned Engineering**
 10.00 **Secret Nazi Bases**
 11.00 **Nazi Hunters** Klaus Barbie.
 12.00 **NOON Joanna Lumley's Silk Road Adventure**
 1.00 PM **Antiques Roadshow**
 2.00 **Bangers & Cash** Double bill.
 4.00 **Secret Nazi Bases**
 5.00 **Nazi Hunters** How Hitler's deputy Hermann Goering was captured by the Allies.
 6.00 **Antiques Roadshow** Fiona Bruce presents the show from Helmingham Hall in Suffolk.



8.00 Abandoned Engineering

- 7.00 **Guy Martin's Battle of Britain** Training ramps up at the UK's aerial combat school, where Guy tries dogfighting at 200mph.
 8.00 **Abandoned Engineering** Exploring Opa-Locka City Hall, a strange structure that began as a dream but turned into a nightmare.
 9.00 **Abandoned Engineering** Exploring Namibia's arid Skeleton Coast, where traces of a brutal but once vital industry lie scattered.
 10.00 **Bangers & Cash: Restoring Classics** The team dive into the history books and uncover a Harley Davidson 42WLA.
 11.00 **Abandoned Engineering** Exploring a picturesque French castle and an island in Ireland that brought its inhabitants closer to God.
 12.00 **M'T Joanna Lumley's Silk Road Adventure**
 1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM **Chasing Classic Cars**
 8.00 **American Pickers**
 9.00 **Aussie Gold Hunters**
 11.00 **The Repair Shop**
 1.00 PM **Salvage Hunters**
 3.00 **Shed and Buried**
 4.00 **Find It, Fix It, Flog It**
 6.00 **The Repair Shop**
 8.00 **Shed and Buried** The guys are finally granted access to an incredible collection.
 8.30 The guys rescue interesting items from a scrapyard in Devon.
 9.00 **The Repair Shop** The experts work on a Jewish prayer book and a damaged radio.
 10.00 **Restoring a junior drum kit, an oil lamp and a fret saw.**
 11.00 **Wheeler Dealers**
 1.00 AM **Chasing Classic Cars**
 3.00 **Find It, Fix It, Flog It**
 4.00 to 5.00 AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM **Say Yes to the Dress: Bridesmaids**
 7.00 **Say Yes to the Dress**
 8.00 **Curvy Brides Boutique**
 9.00 **Say Yes to the Dress: Atlanta** Double bill.
 10.00 **FBI Files** Double bill.
 12.00 **NOON Married to Evil**
 1.00 PM **On the Case with Paula Zahn**
 2.00 **Murder on CCTV**
 3.00 **Judge Rinder's Crime Stories**
 4.00 **American Monster**
 6.00 **People Magazine Investigates**
 7.00 **The Killer in My Family**
 8.00 **Murder on CCTV**
 10.00 **People Magazine Investigates** **New edition**
 11.00 **People Magazine Investigates**
 12.00 **M'T Faking It: Tears of a Crime** Double bill.
 2.00 AM **Murder Comes to Town** George Jodoin.
 3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM **Judge Judy**
 1.00 PM **Judge Judy**
 7.00 **Cold Cases Reopened** The body of a woman is found on a highway.
 8.00 **Killers: Caught on Camera** In the US, police look for a missing woman and her money.
 9.00 **Forensic Factor** **New edition** The FBI probes bombings and bank robberies linked to white supremacists.
 10.00 **Killer Kids** The murder of seven-year-old Johnathan Thimpen.
 11.00 **Evidence of Evil** The investigation into the murder of David Castor.
 12.00 **M'T 48 Hours** Exploring the double life of a lawyer and his fall from grace.
 1.00 AM **Forensic Factor**
 2.00 **Killer Kids** As 10.00pm.
 3.00 **Medical Detectives**
 4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM **48 Hours**
 11.00 **Medical Detectives**
 2.00 PM **48 Hours**
 4.00 **Medical Detectives** A man dies after a hit-and-run boating accident and detectives hunt down the vessel.
 4.30 The case of a victim who ingested a large amount of cyanide.
 5.00 A hit-and-run accident that killed a high-school athlete.
 5.30 Investigators struggle to determine how a killer entered and left a crime scene.
 6.00 A look at the deaths of two men in suspicious circumstances.
 6.30 CCTV captures the final images of a woman before she went missing.
 7.00 **Judge Judy** Real-life small-claims cases.
 12.05 AM **Judge Judy**
 4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM **Highway Cops**
 7.00 **Send in the Dogs**
 8.00 **Stop, Search, Seize**
 9.00 **Nothing to Declare**
 10.00 **Brit Cops: Law & Disorder** Documentary.
 11.00 **Catching the Killer**
 12.00 **NOON Killing Mum and Dad** Michael Clarke.
 1.00 PM **Killer in My Village**
 2.00 **Murders That Shocked the Nation**
 3.00 **World's Most Evil Killers** Judy Buenoano.
 4.00 **Britain's Most Evil Killers** Colin Pitchfork.
 5.00 **Catching the Killer**
 6.05 **Love You to Death**
 9.00 **How I Caught the Killer** Double bill.
 11.00 **World's Most Evil Killers** David Marmolejo.
 12.00 **M'T Snapped** Triple bill.
 3.00 AM **Made for Murder**
 4.00 **UK Border Force**
 5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM **Grand Tours of...**
 8.35 **Wrecks That Changed the World**
 9.35 **Invention of Surgery**
 10.35 **Broken Arrows, the Lost Bombs of the Cold War** Nuclear accidents.
 11.50 **A Final Landing on Iwo Jima** Documentary.
 1.00 PM **Grand Tours of...**
 1.40 **Wrecks That Changed...**
 2.40 **Invention of Surgery**
 3.40 **Broken Arrows, the Lost Bombs of the...**
 4.55 **A Final Landing on Iwo Jima** Documentary.
 6.05 **Wrecks That Changed...**
 7.05 **Grand Tours of Scotland**
 7.40 **Invention of Surgery**
 8.45 **Broken Arrows, the Lost Bombs of the...**
 9.55 **Vietnam: The Girl in the Picture**
 11.00 **Wrecks That Changed...**
 12.00 **M'T Broken Arrows, the Lost Bombs of...**
 1.10 to 2.00 AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM The Movies
7.00 Discovering: Sissy Spacek
8.00 The Directors
9.00 The Nineties
10.00 Donyale Luna: Supermodel
11.50 My Icon: Kadeena Cox
12.00 NOON Pantani: The Accidental Death of a Cyclist
2.00 PM Hitsville: The Making of Motown The history of the Motown record label.
4.00 The Directors
5.00 Discovering: Sissy Spacek
6.00 The Nineties 4/8: A look at the decade's social issues.
7.00 I Am Heath Ledger Celebrating the life and work of the Australian actor.
8.50 My Icon: Linford Christie
9.00 Love to Love You, Donna Summer A profile of the singer.
11.00 Boyzone: No Matter What
12.00 M/T Stevie Van Zandt: Disciple
2.50 AM FILM When We Were Kings Oscar-winning documentary. (1996, PG, 87min) ★★★★★
4.30 PL Legends: Ian Wright
5.00 to 6.00 AM Discovering: Sissy Spacek

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Accident, Suicide or Murder?
11.00 Imperfect Murder
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Fear Thy Neighbour
3.00 Killer Britain with Dermot Murnaghan James Fairweather.
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 Homicide: Hours to Kill
7.00 The First 48
8.00 Accident, Suicide or Murder?
9.00 My Strange Arrest New editions Double bill.
10.00 A Perfect Scam Series finale
11.00 Homicide Hunter
12.00 M/T Buried in the Backyard
1.00 AM My Strange Arrest
2.00 A Perfect Scam
3.00 Somebody's Hiding Something
4.00 On the Case with Paula Zahn
5.00 to 6.00 AM Imperfect Murder
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Africa from Above
1.00 PM Animal Social Network
3.00 Africa from Above
5.00 The Bill NFA: Ramsey is determined to teach some schoolchildren a lesson.
5.30 The Price You Pay: Martella tries to prevent a father taking revenge on his daughter's boyfriend.
6.00 The Key of the Door: Cryer discovers a young boy has been abusing his mother.
6.30 Cock-Up: Cryer's son could be the key to arresting two local drug dealers.
7.00 Pointless Double bill.
9.00 Campion Flowers for the Judge – Part One: 5/8. Campion is drawn into a family feud.
10.15 Flowers for the Judge – Part One: 6/8. Albert faces a deadly trap as the murderer tries to cover his tracks. (S2)
11.30 The Bill Four episodes.
1.30 AM Pointless Double bill.
3.20 Campion 5&6/8 (S2)
5.20 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Tales from Zambia
7.00 Monkey Life
8.00 Great Parks of Africa
9.00 Wild Workers
10.00 Zambia Untamed
11.00 Wildlife ER
12.00 NOON World's Most Toxic Animals Documentary.
1.00 PM Monkey Life
2.00 Great Parks of Africa
3.00 Wild Workers
4.00 Zambia Untamed
5.00 New Kids in the Wild
6.00 World's Most Toxic Animals
7.00 Monkey Life Double bill.
8.00 Planet Weird
9.00 Malawi Wildlife Rescue Amanda races to save an elephant that is tangled in a poacher's snare.
10.00 World's Most Toxic Animals
11.00 New Kids in the Wild
12.00 M/T Wildlife ER
1.00 AM Rooted
2.00 Planet Weird
3.00 Malawi Wildlife Rescue
4.00 Great Parks of Africa
5.00 to 6.00 AM Wild Workers

WILD

165 841 182

- 8.00 AM Yukon Vet
9.00 Shark Men
10.00 Last of the Giants: Wild Fish
11.00 World's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Wild Florida
4.00 NEW Secrets of the Zoo: Tampa Valentine's
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo The vets must solve a medical mystery to save the life of a mandrill.
8.00 Savage Kingdom: Uprising The Alpha male of a lion pride faces a challenge for supremacy from three of his sons.
9.00 A young lion's future hangs in the balance after his mother is attacked.
10.00 Alaska: The Next Generation
11.00 Ice Road Rescue
12.00 M/T When Sharks Attack 360
1.00 AM World's Deadliest
2.00 Yukon Vet
3.00 Secrets of the Zoo: Tampa
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Someone You Thought You Knew The case of Lisa Stukei.
9.00 Murder Calls
11.00 Grave Mysteries
1.00 PM Married with Secrets
3.00 Forbidden: Dying for Love
5.00 Home Sweet Homicide
7.00 Diabolical: Deadly Love How, in Michigan, a simple affair between two colleagues became more complex as the lovers proved willing to do anything – even commit murder – to protect their secret.
8.00 A case with origins in the deaths of three men over a span of a dozen years.
9.00 Fatal Affairs A relationship at work ignites into a full-blown affair. When the infidelity is exposed, one of them has more than just their fingers burned.
10.00 Married to Evil
11.00 Dates from Hell
12.00 M/T Deadly Affairs
2.00 AM Home Sweet Homicide
4.00 to 6.00 AM Diabolical: Deadly Love
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 History of Weapons
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM River Hunters
2.00 Walking Through History
3.00 Caesar's Doomsday War
4.00 History of Weapons
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFO Files An alleged UFO that crashed in Texas.
8.00 The UnXplained with William Shatner UFO hotspots at various locations around Earth.
9.00 Ancient structures that defy explanation, even with today's technology.
10.00 History's Greatest Mysteries The missing mummy of Alexander the Great.
11.00 Haunted Hospitals
12.00 M/T Ancient Aliens
2.00 AM River Hunters
3.00 Weird Britain
4.00 UFO Files As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Thai Cave Rescue
8.00 Kings of Construction
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Mysteries of the Deep
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot Russell and Mireya uncover their first piece of potential evidence.
8.00 Thai Cave Rescue Following the efforts of cave divers trying to save 12 boys and their football coach stranded in a flooded cave in Thailand in 2018.
9.00 Combat Dealers Bruce is in the Philippines with his sidekick Freddy, where they find a World War Two artillery gun.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM World's Greatest Motorcycle Rides
7.00 Kindig Customs
8.00 Iron Resurrection
9.00 Roadworthy Rescues
10.00 Shed and Buried
11.00 Salvage Hunters: Classic Cars
12.00 NOON Richard Hammond's Workshop Motoring series.
1.00 PM Extreme RVs
2.00 Wheeler Dealers
3.00 Roadworthy Rescues
4.00 Lucky!
5.00 Shed and Buried
6.00 Salvage Hunters: Classic Cars
7.00 Richard Hammond's Workshop
8.00 Lucky! The most glamorous era of Formula 1 with jet-set drivers and iconic teams.
9.00 Kindig Customs
10.00 Wheeler Dealers
11.00 Shed and Buried
12.00 M/T Lucky!
1.00 AM Iron Resurrection
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM Gear Dogs
+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.15 AM Turn Me On As 2.05pm.
8.15 Fox and Hare Save the Forest Animation. (2024, U, 71min)
9.35 PREMIERE The Garfield Movie
11.25 Furiiosa: A Mad Max Saga
2.05 PM Turn Me On Fantasy. (2024, 15, 99min) ★★★
4.05 PREMIERE The Garfield Movie Animated family adventure. (2023, U, 101min) ★★★ See review, page 23.
5.50 The Bikeriders Drama. (2023, 15, 116min) ★★★★★



4.05 The Garfield Movie

- 8.00 Furiiosa: A Mad Max Saga Fantasy adventure prequel starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. With Tom Burke, Lachy Hulme and Alyla Browne. (2024, 15, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.40 The Killer Thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. (2024, 15, 126min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.55 AM I Saw the TV Glow Horror starring Justice Smith. (2024, 15, 100min) ★★★
2.45 Kill Thriller. (2023, 15) ★★★
4.25 to 6.00 AM Timestalker Fantasy. (2024, 15) ★★★★★

Sky Cinema Drama

310 410 510 524

- 6.15 AM Broker South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★★★★
8.30 Sundown Drama starring Tim Roth. (2021, 15, 82min) ★★★★★
10.05 A Thousand and One (2023)
12.10 PM A Good Person As 1.55am.
2.30 Mr Holmes Period mystery. (2015, PG, 101min) ★★★★★
4.20 The Great Escaper Drama. (2023, 12, 96min) ★★★★★
6.10 Jackie Biopic starring Natalie Portman as Jackie Kennedy. (2016, 15, 100min) ★★★★★
8.00 Lee Biopic of photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet. (2023, 15, 117min) ★★★
10.05 A Thousand and One Crime drama starring Teyana Taylor. After making a life-changing decision, a woman struggles to bring up a child in 1990s New York. (2023, 15, 117min) ★★★★★
12.05 AM Suburbicon Black comedy directed by George Clooney. (2017, 15, 105min) ★★★
1.55 A Good Person Drama. (2022, 15, 129min) ★★★★★
4.05 to 6.00 AM Parachute Romantic comedy drama. (2023, 15, 108min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.30 AM Ride On Action drama. (2023, PG, 126min) ★★★
8.50 The Beekeeper As 1.45am.
10.50 Blue Beetle Adventure. (2023, 12, 127min) ★★★★★
1.10 PM Shazam! Fury of the Gods Adventure sequel. (2023, 12, 130min) ★★★★★
3.35 The Flash Adventure. (2023, 12, 144min) ★★
6.05 Men in Black Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★★



6.05 Men in Black

- 8.00 Men in Black II Sci-fi comedy sequel with Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, MIB agent Jay needs the help of his former partner Kay. (2002, PG, 88min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45 Men in Black 3 Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Wisecracking Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. With Emma Thompson. (2012, PG, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35 Bad Boys Action comedy. (1995, 15, 118min) ★★★
1.45 AM The Beekeeper Thriller. (2023, 15, 105min) ★★★★★
3.45 American Star Thriller. (2023, 15, 107min) ★★★★★
5.45 to 6.30 AM Sky Cinema Preview

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.15 AM Arrival Sci-fi drama. (2016, 12, 116min) ★★★★★
9.20 Resident Evil: The Final Chapter Action horror sequel. (2016, 15, 107min) ★★★★★
11.10 Dorian Gray Gothic horror drama. (2009, 15, 112min) ★★★★★
1.05 PM A Quiet Place: Day One Horror prequel starring Lupita Nyong'o and Joseph Quinn. (2024, 15, 100min) ★★★★★
2.50 Insidious: The Red Door Horror sequel. (2023, 15, 107min) ★★★★★
4.45 I.S.S Sci-fi drama with Ariana DeBose. (2023, 15, 95min) ★★★★★
6.25 Paranormal Activity: The Ghost Dimension Horror sequel. (2015, 15, 88min) ★★★★★
8.00 Star Trek Beyond Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★★
10.10 Upgrade Sci-fi action thriller. (2018, 15, 100min) ★★★★★
12.00 M/T The Purge: Election Year Horror sequel. (2016, 15) ★★★★★
1.55 AM Piggy Spanish horror starring Laura Galán. Subtitled. (2022, 18, 99min) ★★★★★
3.40 Dark Skies Paranormal thriller. (2013, 15, 97min) ★★★★★
5.25 to 7.10 AM Resident Evil: Vendetta Animated sci-fi horror. (2017, 15, 97min) ★★★★★

Sky Cinema Harry Potter

306 406 506 520

- 6.30** AM **Harry Potter and the Philosopher's Stone** (2004, PG, 142min) ★★★★★
- 9.05** PM **Harry Potter and the Chamber of Secrets** (2004, PG, 142min) ★★★★★
- 11.50** PM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★
- 2.15** PM **Harry Potter and the Goblet of Fire** Fantasy. (2005, 12, 157min) ★★
- 4.55** PM **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★★★★



7.15 ...the Half-Blood Prince

- 7.15** PM **Harry Potter and the Half-Blood Prince** Fantasy adventure starring Daniel Radcliffe. Harry Potter attempts to gain crucial information about the past of dark wizard Lord Voldemort. (2009, 12, 153min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.50** PM **Harry Potter and the Deathly Hallows: Part I** Fantasy based on JK Rowling's book, starring Daniel Radcliffe, Rupert Grint and Emma Watson. (2010, 12, 146min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.20** AM **Harry Potter and the Deathly Hallows: Part II** Fantasy with Daniel Radcliffe. (2011, 12, 130min) ★★★★★

- 2.35** PM **Harry Potter and the Philosopher's Stone** Fantasy. (2001, PG, 152min) ★★★★★
- 5.10** to **8.00** AM **Harry Potter and the Chamber of Secrets** Fantasy with Daniel Radcliffe. (2002, PG, 161min) ★★★★★

Sky Cinema Valentine

302 402 502 516

- 6.00** AM **Long Story Short** Comedy. (2021, 15, 90min) ★★
- 7.50** AM **Couples Retreat** As 4.00am.
- 9.55** AM **The Cinema List: Rom Com**
- 10.15** PM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★★
- 12.25** PM **What Happens Later** Romantic comedy starring Meg Ryan. (2023, 15, 99min) ★★
- 2.15** PM **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★

- 4.00** PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★
- 6.10** PM **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★
- 8.00** PM **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones ends up pregnant. (2016, 15, 123min) ★★
- 10.10** PM **Anyone But You** Romantic comedy with Sydney Sweeney. (2023, 15, 103min) ★★★★★

- 12.10** AM **Scott Pilgrim vs. the World** Comic-book comedy. (2010, 12, 112min) ★★★★★
- 2.10** PM **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★
- 4.00** to **6.00** AM **Couples Retreat** Relationship comedy with Jon Favreau. (2009, 15, 113min) ★★

Sky Cinema Action

307 407 507 521

- 6.00** AM **Pain & Gain** Dark comedy. (2013, 15, 124min) ★★
- 8.10** PM **Green Lantern** As 6.00pm.
- 10.10** PM **Ghost Rider: Spirit of Vengeance** As 2.45am.
- 11.50** PM **Madame Web** As 10.30pm.
- 1.50** PM **The Mask of Zorro** Epic swashbuckling adventure. (1998, PG, 137min) ★★★★★
- 4.15** PM **Swordfish** Action thriller. (2001, 15, 99min) ★★
- 6.00** PM **Green Lantern** Adventure. (2011, 12, 114min) ★★



6.00 Green Lantern

- 8.00** PM **Aquaman** Superhero adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. With Nicole Kidman, Willem Dafoe and Patrick Wilson. (2018, 12, 143min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.30** PM **Madame Web** Fantasy starring Dakota Johnson. A paramedic is granted the gift of foresight while trying to protect three young women from a killer. (2024, 12, 116min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.40** AM **Monkey Man** Thriller. (2024, 18, 121min) ★★★★★
- 2.45** PM **Ghost Rider: Spirit of Vengeance** Fantasy adventure sequel. (2012, 12, 91min) ★★
- 4.30** to **6.30** AM **Knights of the Zodiac** Fantasy. (2023, 12) ★★

Sky Cinema Greats

304 404 504 518

- 6.00** AM **Drop Dead Fred** (1991)
- 7.55** AM **Dazed and Confused** (1993)
- 9.50** AM **The Little Rascals** As 5.30am.
- 11.20** PM **We're No Angels** As 1.40am.
- 1.15** PM **ACE Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★★
- 2.50** PM **ACE Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★

- 4.30** PM **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★
- 6.15** PM **HouseSitter** Romantic comedy starring Steve Martin and Goldie Hawn. (1992, PG, 102min) ★★
- 8.00** PM **Parenthood** Comedy drama about family life, starring Steve Martin and Mary Steenburgen. (1989, 15, 124min) ★★★★★
- 10.10** PM **Planes, Trains and Automobiles** Comedy starring Steve Martin and John Candy. (1987, 15, 92min) ★★★★★

- 11.50** PM **Dazed and Confused** Comedy. (1993, 15, 102min) ★★★★★
- 1.40** AM **We're No Angels** Action comedy. (1989, 15, 106min) ★★
- 3.35** PM **Drop Dead Fred** Comedy. (1991, 12, 99min) ★★
- 5.30** to **7.05** AM **The Little Rascals** Comedy. (1994, U, 83min) ★★

Sky Cinema Comedy

308 408 508 522

- 6.35** AM **I Love My Dad** As 11.0am.
- 8.20** PM **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12) ★
- 10.20** PM **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★★
- 12.25** PM **Daddy Day Care** Comedy. (2003, PG, 92min) ★★
- 2.05** PM **Anger Management** Comedy. (2003, 15, 105min) ★★★★★
- 3.55** PM **How to Be Single** Comedy. (2016, 15, 107min) ★★
- 5.50** PM **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★★



5.50 Crazy Rich Asians

- 8.00** PM **Ride Along** Comedy starring Ice Cube and Kevin Hart. A cop takes his sister's boyfriend with him on duty, leading to an encounter with the city's most wanted criminal. (2014, 12, 97min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45** PM **Ride Along 2** Comedy sequel starring Ice Cube and Kevin Hart. An excitable beat cop is reluctantly recruited by his fiancée's detective brother to help bring a drug dealer to justice. (2016, 12, 102min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35** PM **Snow Day** Family comedy with Chris Elliot and Chevy Chase. (2000, PG, 89min) ★★

- 1.10** AM **I Love My Dad** Comedy starring Patton Oswalt. (2022, 15, 96min) ★★
- 2.50** PM **The Machine** Action comedy. (2023, 15, 112min) ★★
- 4.50** to **6.55** AM **Crazy Rich Asians** As shown at 5.50pm.

Sky Cinema Animation

305 412 500 514

- 6.25** AM **The Cinema List: Family**
- 6.40** AM **Scooby-Doo! The Sword and...**
- 8.05** PM **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★★
- 9.45** PM **The Super Mario Bros Movie** Animation. (2022, PG) ★★
- 11.20** PM **PREMIERE The Garfield Movie**
- 1.05** PM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★

- 2.25** PM **The Nut Job** Animated family comedy. (2014, U, 85min) ★★
- 4.00** PM **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★
- 5.35** PM **Madagascar** Animated comedy. (2005, U, 86min) ★★
- 7.05** PM **PREMIERE The Garfield Movie** Animated family adventure. (2023, U, 101min) ★★
- 8.50** PM **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★★
- 10.20** PM **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★

- 11.50** PM **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★
- 1.30** AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★
- 2.55** PM **Maya the Bee** (2014, U) ★
- 4.25** to **6.00** AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★

Sky Cinema Thriller

309 409 509 523

- 7.45** AM **Murder by Numbers** Thriller with Sandra Bullock. (2002, 15, 120min) ★★
- 9.55** PM **Green Zone** Action thriller. (2010, 15, 110min) ★★★★★
- 12.00** PM **Antebellum** Mystery. (2019, 15, 105min) ★★
- 1.55** PM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★
- 3.40** PM **Nightcrawler** Crime thriller. (2015, 12, 115min) ★★★★★
- 5.45** PM **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★



9.55 State of Play

- 8.00** PM **Ocean's Eight** Crime caper with Sandra Bullock, Cate Blanchett and Anne Hathaway. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.55** PM **State of Play** Thriller starring Russell Crowe, Ben Affleck, Rachel McAdams and Helen Mirren. A veteran reporter reluctantly joins forces with a novice online journalist to investigate a political conspiracy. (2009, 12, 127min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.15** AM **Swallowed** Horror. (2022, 18, 96min) ★★

- 1.55** PM **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★★
- 3.55** PM **Cult Killer** Crime thriller. (2024, 15, 105min) ★★
- 5.50** to **7.40** AM **Antebellum**

Movies 24

312 419

- 7.00** AM **The Presence of Love** Drama. (2022, PG, 84min) ★★
- 9.00** PM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
- 11.00** PM **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
- 1.00** PM **Planning on Forever** Romantic comedy drama. (2022, PG, 89min) ★★
- 3.00** PM **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★

- 5.00** PM **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
- 7.00** PM **For Love & Honey** Romantic comedy starring Andrew W. Walker. (2024, U, 84min) ★★
- 9.00** PM **A Whitewater Romance** Drama starring Cindy Busby and Benjamin Hollingsworth. At an exclusive business retreat, an uptight woman meets a fierce competitor. When they are forced to pair up for the planned activities, an unlikely bond begins to form. (2024, U, 84min) ★★

- 11.00** PM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
- 1.00** AM **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
- 3.00** to **6.00** AM **Love in Whitbrook** Drama. (2021, PG, 88min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00** AM **Anzio** War drama. (1967, PG, 117min) ★★
- 1.20** PM **The 7th Voyage of Sinbad** Fantasy adventure. (1958, U, 87min) ★★★★★
- 3.05** PM **An Affair to Remember** Vintage melodrama. (1957, U, 115min) ★★★★★
- 5.20** PM **Clueless** Satirical comedy. (1995, 12, 97min) ★★★★★
- 7.10** PM **13 Going on 30** Comedy. (2004, 12, 98min) ★★



3.05 An Affair to Remember

- 13 Going on 30** (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** PM **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans and Alec Baldwin. (1999, 15, 120min) ★★★★★
- SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30** PM **Three Thousand Years of Longing** Fantasy drama starring Tilda Swinton and Idris Elba. A lonely scholar on a trip to Istanbul discovers a Djinn who offers her three wishes in exchange for his freedom. (2022, 15, 108min) ★★
- 1.40** to **3.35** AM **Rita, Sue and Bob Too** Comedy drama. (1986, 18, 93min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **Look at Life**
- 6.10** PM **Identity Unknown** Drama. (1960, b/w, U, 66min) ★★
- 7.30** PM **Calling All Cars**
- 8.20** PM **Home and Away** Comedy. (1956, b/w, PG, 100min) ★★
- 10.00** PM **The Dark Road** (1947, b/w, PG) ★
- 11.30** PM **Someone at the Door** Comedy thriller. (1950, b/w, PG, 75min) ★
- 12.45** PM **Lunch Hour** Comedy. (1962, b/w, PG, 64min) ★★

- 2.00** PM **An Inspector Calls** Drama. (1954, b/w, PG, 79min) ★★★★★
- 3.35** PM **The Long Memory** Thriller. (1952, b/w, PG, 97min) ★★
- 5.35** PM **The Voice Within** Crime drama. (1946, b/w, PG, 74min) ★★
- 6.35** PM **The Fly** Classic horror tale. (1958, PG, 95min) ★★★★★
- 8.25** PM **Strange But True**
- 9.00** PM **Cellar Club with Caroline Munro**
- 9.05** PM **Doomwatch** 7/13. (S1)
- 10.05** PM **Cellar Club with Caroline Munro**
- 10.10** PM **The Play on One** 6/6. (S3)
- 11.50** PM **Cellar Club with Caroline Munro**

- 11.55** PM **The Food of the Gods** Sci-fi thriller. (1976, 18, 88min) ★★
- 1.45** AM **Blind Rage** Crime comedy. (1976, 18, 80min) ★★
- 3.25** PM **Madron** Western with Richard Boone. (1971, 15, 90min) ★★
- 5.15** PM **Look at Life**
- 5.30** to **6.00** AM **Time to Remember**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	LIVE NRL Newcastle Knights v Parramatta Eels. Coverage of the match staged at McDonald Jones Stadium. Kick-off 7.00am.
9.00	LIVE NRL North Queensland Cowboys v Dolphins. Coverage of the pre-season challenge game at Barlow Park. Kick-off 9.00am.
11.00	LIVE Ladies European Tour Golf Day two of the second stage of the Aramco Team Series.
2.30	PM LIVE WTA & ATP Tennis Featuring the ATP Buenos Aires Open and WTA Doha Open.
6.00	Sports Centre
7.00	LIVE FNF Brighton & Hove Albion v Chelsea. Coverage of the Premier League match at the AMEX Stadium. Kick-off 8.00pm.
10.45	LIVE PGA Tour Golf Coverage of the second day of the Genesis Invitational from San Diego.
1.00	AM LIVE Fight Night International Denys Berinchyk v Keyshawn Davis. The WBO world lightweight title bout from The Theatre at Madison Square Garden in New York.
5.30	to 6.00 AM Back Pages Tonight

TNT Sports 1

410 870 527 408 430

6.00

AM Premier League

7.30

Series A – Full Impact

8.00

TNT Sports Reload

8.15

LIVE World Rally Championship The Rally Sweden special stages 2, 3 and 4.

11.15

One Day International Cricket

12.15

PM PL: Big Interview

12.45

TNT Sports Cricket Reload

1.15

LIVE World Rally Championship The Rally Sweden special stages 5, 6 and 7.

4.45

Fight Night Dubois v Parker.

5.00

The Fantasy Show

5.30

What I Wore David Seaman.

6.00

LIVE World Rally Championship Coverage of the Rally Sweden special stage 8.

7.15

Isuzu UTE A-League

8.15

Sign Up – Into Football

9.00

One Day International Cricket

10.00

Champions League Magazine

10.30

One Day International Cricket

12.30

AM TNT Sports Reload

1.00

Premier League Preview

1.30

NBA on Fire The latest news.

2.00

LIVE NBA Coverage of the All-Stars Rising Challenge at Chase Centre in San Francisco.

4.30

NBA Originals Stephen Curry.

5.00

to 6.00 AM ODI Cricket

TNT Sports 4

421 876 530 411 434

6.00 AM UEFA Europa League

8.30 **LIVE** Isuzu UTE A-League Melbourne Victory v Wellington Phoenix. Coverage of the Australian top-flight match staged at AAMI Park in Melbourne. Kick-off 8.35am.

10.30 UEFA Conference League

11.00 UEFA Champions League Highlights Show Recent action.

1.00 PM NBA Timberwolves v Thunder.

2.30 NBA Originals Archive action.

4.00 NBA Timberwolves v Thunder.

5.30 NBA on Fire The latest news.

6.00 NBA Originals Archive action.

6.30 NBA Minnesota Timberwolves v Oklahoma City Thunder.

8.00 NBA Originals A look back at the 2000 NBA Slam Dunk Contest.

8.30 NBA on Fire The latest news.

9.00 NBA Minnesota Timberwolves v Oklahoma City Thunder.

10.30 NBA Originals Archive action.

11.30 NBA Timberwolves v Thunder.

1.00 to **6.00** AM MLB Classic

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	Premier League Legends
8.00	Premier League Best Goals
9.00	Premier League 100 Club
10.00	Total Football
5.00	PM PL Best Goals 2010/11
6.00	The Big Interview
6.30	Premier League Preview
7.00	LIVE FNF Brighton & Hove Albion v Chelsea. Coverage of the Premier League match from the AMEX Stadium. These two sides met in the reverse fixture in September, when Cole Palmer became the first player to score four first-half goals in a Premier League match. The game ended in a 4-2 win for the West London club with six goals coming in the first 45 minutes. Kick-off 8.00pm.
10.45	The Big Interview
11.15	Premier League Stories
11.45	PL Best Goals 11/12
12.00	M/T FNF Brighton v Chelsea.
12.30	AM The Big Interview
1.00	PL Retro Chelsea v Burnley.
3.00	PL Greatest Games
4.00	PL Best Goals 11/12
5.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411

871

528

409

431

6.00

AM Fishing: On the Bank

7.00

Isuzu A-League Highlights

7.30

A-League Women Highlights

8.00

LIVE A-League Women
Western Sydney Wanderers v
Newcastle Jets. At Wanderers
Football Park. Kick-off 8.00am.

10.00

LIVE ABB FIA Formula E
World Championship The
Jeddah ePrix second free practice

10.45

Serie A – Full Impact

11.15

SailGP Highlights

12.15

PM **LIVE** ABB FIA Formula E
World Championship Jeddah
ePrix first qualifying session.

1.45

TNT Sports Reload

2.00

Ultimate Pool Recent action.

3.30

Fishing: On the Bank

4.30

TNT Sports Reload

5.00

LIVE ABB FIA Formula E
World Championship The
Jeddah ePrix. Start-time 5.05pm.

6.15

Under the Lights

6.30

Premier League Preview

7.00

The Football's On

8.00

SailGP Highlights

9.00

Fishing: On the Bank

10.00

UFC Strickland v du Plessis.

1.00

AM Fight Week UFC 312 review.

1.30

UFC Main Event

5.30

to 6.00 AM PL Legends

Eurosport 1

413 **870** **521** **412** **435**

6.00 AM Alpine Skiing

6.55 **LIVE** Ski Jumping World Cup qualifying from Sapporo, Japan.

8.00 Cycling: European Track Championships From Belgium.

9.00 Spirit of Yachting

9.30 Snooker 147s Gary Wilson.

9.45 Snooker: Welsh Open

11.45 **LIVE** Snooker: Welsh Open
Coverage of the afternoon session on day five from Venue Cymru, featuring the first quarter-finals.

6.00 PM Snooker: Welsh Open

6.45 **LIVE** Snooker: Welsh Open
Coverage of the evening session on day five in Llandudno, featuring the concluding quarter-finals.

10.00 Snooker: Welsh Open

12.00 M/T Show Jumping

1.00 AM Cycling: European Track Championships From Belgium.

2.00 Snooker: Welsh Open

4.00 Alpine Skiing From Saalbach.

5.00 to **6.00** AM Cycling: European Track Championships

Sky Sports	Football
403 513 503 421 441	
6.00	AM EFL The 2021/22 play-offs.
9.00	EFL Greatest Games
10.00	Championship Retro
12.00	NOON EFL Highlights
12.30	PM Bundesliga Weekly
1.00	Bundesliga Special: Wirtz & Musiala – From Talents to Titans
1.30	EFL Highlights
2.30	Bundesliga Weekly
3.00	EFL Highlights Championship.
4.00	Bundesliga Special: Wirtz & Musiala – From Talents to Titans
4.30	EFL Highlights
6.00	Bundesliga Weekly
6.30	Bundesliga Special: Wirtz & Musiala – From Talents to Titans
7.00	EFL Highlights Championship.
7.30	LIVE EFL Queens Park Rangers v Derby County. Coverage of the Championship match from MATRADE Loftus Road Stadium. Kick-off 8.00pm.
10.30	Bundesliga Special: Wirtz & Musiala – From Talents to Titans
11.00	EFL Highlights League Two.
11.15	Henrik Larsson: 20 Years On
12.15	AM Retro League One
3.00	EFL Greatest Games
4.00	EFL Cup Highlights
5.00	to 6.00 AM 1983: When Aberdeen Ruled Europe

TNT Sports 3

417 874 529 410 432

6.00 AM

LIVE

One Day International Cricket Sri Lanka v Australia. Coverage of the second and final ODI from R. Premadasa Stadium in Colombo.

1.00 PM

UEFA Europa League & Conference League Highlights

2.00

Serie A – Full Impact

2.30

UEFA Champions League

3.30

UEFA Europa League

6.00

UEFA Conference League

7.00

UEFA Champions League Highlights Show

9.00

UEFA Europa League & Conference League Highlights

10.00

Isuzu UTE A-League

11.00

The Football Archives: UEFA Champions League

11.30

Ultimate Pool Recent action.

1.00 AM

UEFA Champions League Highlights Show

3.00

UEFA Europa League & Conference League Highlights

4.00

Wembley Stadium: A Stage for Icons Documentary.

4.45

Isuzu UTE A-League

5.45 to 7.45 AM

LIVE

A-League Women Adelaide United v Canberra United. Coverage of the match from Coopers Stadium in Adelaide. Kick-off is at 5.50am.

Eurosport 2

414

871

522

413

436

6.00	AM Cycling: European Track Championships From Belgium.
7.00	Snow Bike World Championship
7.30	Marco Schwarz ComeBLACK: In the Shadow of Triumph
8.15	LIVE Alpine Skiing In Saalbach.
11.00	LIVE Cross-Country Skiing Coverage from Falun in Sweden.
12.15	PM LIVE Alpine Skiing Further coverage from Saalbach, Austria.
1.55	LIVE Biathlon In Switzerland.
3.35	Alpine Skiing From Saalbach.
4.35	Discovery Golf
5.05	Cycling: Tour of Flanders
5.15	LIVE Cycling: European Track Championships From Belgium.
8.40	Cycling: Singapore Criterium
9.00	Alpine Skiing From Austria.
10.00	Biathlon From Switzerland.
11.00	Cycling: European Track...
12.00	M/T Alpine Skiing From Austria.
1.00	AM Biathlon From Switzerland.
2.00	Cycling: European Track...
3.00	Biathlon From Switzerland.
4.00	to 5.55 AM Snooker

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Action from 2024.
7.00	ICC Men's T20 World Cup
9.00	ICC Champions Trophy Cricket
10.00	ICC Men's T20 World Cup
11.00	WPL Highlights from India.
1.50	PM LIVE WPL Gujarat Giants v Royal Challengers Bengaluru. Coverage of the women's T20 match from Kotambi Stadium in Vadodara, as the third year of the competition gets underway. The visitors won last year's tournament after beating the Delhi Capitals in the final by eight wickets, with Ellyse Perry leading Bengaluru to victory thanks to her 35 not out.
5.30	ICC Women's World Cup 2017
6.00	ICC Champions Trophy Cricket
7.00	ICC Men's T20 World Cup England v South Africa in St Lucia.
8.00	WPL Gujarat Giants v Royal Challengers Bengaluru.
9.00	History of the ICC Champions Trophy Archive highlights.
10.30	ICC Men's T20 World Cup USA v Pakistan in Dallas, Texas.
11.00	WPL Recent highlights.
12.00	M/T ICC Men's T20 World Cup
1.00	AM WPL A match replay.
4.40	Ashes Greats Archive action.
5.00	to 6.00 AM IPL Highlights

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	LIVE NRL Newcastle Knights v Parramatta Eels. At McDonald Jones Stadium. Kick-off 7.00am.
9.00	LIVE NRL North Queensland Cowboys v Dolphins. The pre-season challenge match at Barlow Park. Kick-off 9.00am.
11.00	Appetite for Smoke
11.30	Super Bowl LV Bitesize
11.45	Super League Highlights
12.45	PM NFL Bitesize Highlights
1.00	Good Morning Football
3.00	Fight Night International
4.00	Blood, Sweat & Tears
5.00	Appetite for Smoke
5.30	NBC's Pro-Football Talk
7.30	LIVE Super League Hull Kingston Rovers v Castleford Tigers. From Sewell Group Craven Park. Kick-off 8.00pm.
10.15	Blood, Sweat & Tears
11.15	Appetite for Smoke
11.45	Canvas: Viddal Riley
12.00	M/T The Insiders The latest news.
1.00	AM LIVE Fight Night International Denys Berinchyk v Keyshawn Davis. The WBO world lightweight title bout from The Theatre at MSG.
5.30	to 6.00 AM NFL Bitesize Hits

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
6.30	Back Pages Tonight
7.00	Good Morning Sports Fans
10.00	Total Football
1.30	PM LIVE WTA & ATP Tennis Featuring the ATP Buenos Aires Open and WTA Doha Open.
7.30	LIVE Super League Hull Kingston Rovers v Castleford Tigers. The match from the first round of fixtures at Sewell Group Craven Park. Kick-off 8.00pm.
10.15	LIVE WTA & ATP Tennis Coverage from the WTA and/or ATP Tours, featuring the ATP Buenos Aires Open, ATP Marseille Open and WTA Doha Open.
1.30	AM Back Pages Tonight
2.00	Sky Sports News
2.30	Back Pages Tonight
3.00	Sky Sports News
3.30	LIVE Super Rugby Fijian Drua v Brumbies. Coverage from HFC Bank Stadium. Kick-off 3.35am.
5.30	to 6.00 AM Back Pages Tonight

Sky Sports	Golf
405 515 505 423 443	
6.00	AM PGA Tour Golf
10.00	HotelPlanner Tour Golf
10.30	LIVE Ladies European Tour Golf Coverage of day two of the second stage of the Aramco Team Series staged at Riyadh Golf Club.
2.30	PM Nick Dougherty's Tee Time Tips Expert golfing advice.
3.00	Uncommon: Building a Boston Sports Team
3.30	LIVE PGA Tour Golf Coverage of the second day of the Genesis Invitational staged at Torrey Pines Golf Course in San Diego.
8.00	LIVE PGA Tour Golf Further coverage of the second day of the Genesis Invitational in San Diego.
1.00	AM Golf's Greatest Holes
1.30	Uncommon: Building a Boston Sports Team
2.00	Nick Dougherty's Tee Time Tips
3.00	PGA Tour Golf
5.00	to 6.00 AM Golf Academy

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM ATP Tennis Dallas Open final.
7.00	WTA & ATP Tennis
11.00	ATP Tour This Week
11.30	WTA & ATP Tennis
1.30	PM LIVE WTA & ATP Tennis The ATP Buenos Aires Open, ATP Delray Beach Open, ATP Marseille Open and WTA Doha Open.
6.00	LIVE WTA & ATP Tennis Further coverage from the Tours.
3.00	AM Mirra Andreeva Podcast
3.15	Bitesize Tennis Highlights.
3.45	Tim Henman Podcast 2024
4.00	to 6.00 AM ATP Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM LIVE Super Rugby Crusaders v Hurricanes. Coverage of the match at Apollo Projects Stadium. Kick-off 6.05am.
8.00	Super League Highlights
8.30	LIVE Super Rugby Waratahs v Highlanders. The match from the opening round of fixtures at Allianz Stadium. Kick-off 8.35am.
10.30	Appetite for Smoke
11.00	Premier League Darts
3.00	PM Appetite for Smoke
3.30	Blood, Sweat & Tears
4.30	Top Rank Boxing Archive
5.00	PGA Tour Champions
6.00	PGA Tour Golf Phoenix Open.
7.00	My Icon Sporting influences.
7.20	LIVE Bundesliga FC Augsburg v RB Leipzig. The German top-flight match. Kick-off 7.30pm.
9.30	Behind the Ropes
10.00	The Gloves Are Off
10.30	One Championship Weekly
11.00	NFL Highlights Colts v Lions.
12.00	M/T Super League Highlights
12.15	AM One Championship Weekly
12.45	Top Rank Boxing Archive
1.15	Super League Highlights
2.00	One Championship Weekly
2.30	LIVE NRL New Zealand Warriors v Melbourne Storm. The pre-season challenge match in Hamilton. Kick-off 2.30am.
4.30	to 6.30 AM LIVE NRL South Sydney Rabbitohs v Manly Warringah Sea Eagles. From Gosford. Kick-off is at 4.30am.

Sky Sports	F1
406 516 506 424 444	
6.00	AM The Home of F1
12.00	NOON Formula 1 A replay of the 2024 Canadian Grand Prix.
4.15	PM Ted's Notebook
4.45	Formula 1 Season highlights.
6.00	Formula 1 Spanish Grand Prix.
10.55	F1 Explained: Constructors' Championship A look back.
11.00	Formula 1 Spanish Grand Prix.
12.00	M/T to 6.00 AM The Home of F1

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming



NEW

Henry Danger: The Movie

Available from Friday, Paramount+

Fans of the original Nickelodeon series, which ran from 2014 to 2020, will be excited to tune in to this new feature-length adventure. With the world believing that Kid Danger has died a heroic death, superfan Missy (Glee Dango, right), attempts to fill the void herself. But it emerges that Henry (Jace Norman) faked his own death to fight crime in another city, and he returns to help clear up the sticky situation when Missy's good intentions go somewhat awry.



sky cinema Fox & Hare Save the Forest

Sunday, 7.05am & 2.45pm, Sky Premiere

This beautifully animated tale combines the importance of friendship and teamwork, together with a gentle but telling look at the effects humans can have on the natural world. In the story, Fox and Hare are looking for their friend, Owl, when they come across a mysterious, and growing, lake that has appeared in their forest. Where has it come from, and where is Owl?

More great shows to watch this week...

So Awkward Academy **NEW**

Mon & Tue, 6pm, CBBC & BBC iPlayer

A new series of the *So Awkward* spin-off follows Lily, who's now a teacher, navigating the chaos of school life at Cranmede Academy.

Safer Internet Day: Live Lesson **NEW**

Tuesday, 11am, CBBC & BBC iPlayer

This morning's live lesson will address key online safety concerns – and encourage young people to discuss and respond to online issues.

The Garfield Movie

Fri, 9.35am, Sky Premiere

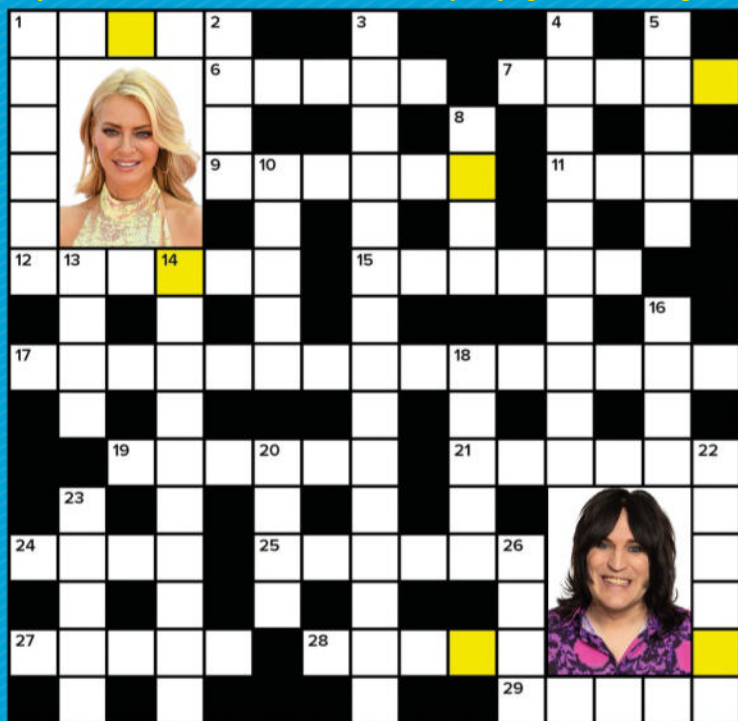
The lasagne-loving kitty, voiced here by Chris Pratt, returns, this time with his estranged dad (Samuel L. Jackson).

PREMIERE



CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the letters in the shaded squares to spell out the name of a British TV presenter (3,3). Answers at the bottom of the page – no cheating!



ACROSS

- 1 Played Mitch Baker in BBC1 soap *EastEnders*, ----- Griffiths (5)
- 6 Former *Coronation Street* lawyer, ----- Habeeb (5)
- 7 *Meet Joe* -----, 1999 film with Brad Pitt and Sir Anthony Hopkins (5)
- 9 Composer of the *Twin Peaks* theme, ----- Badalamenti (6)
- 11 See picture clue: ----- Fielding, comedian and TV presenter (4)
- 12 Matriarch in the TV series *Meerkat Manor* (6)
- 15 Fred Flintstone's friend and neighbour, ----- Rubble (6)
- 17 Fashion designer (6,9)
- 19 1988 fantasy film starring Warwick Davis and Val Kilmer (6)
- 21 *Absolutely Fabulous* role played by Jane Horrocks (6)
- 24 Phil -----, stand-up comedian (4)
- 25 Judas -----, English heavy metal band from Birmingham (6)
- 27 Actor who played Catherine in *The Avengers*, ----- Blackman (5)
- 28 *Paris*, -----, 1984 film with Harry Dean Stanton and Nastassja Kinski (5)
- 29 Bassist and frontman with pop band The Police (5)

DOWN

- 1 Comic -----, Red Nose Day charity founded in 1985 (6)
- 2 British singer of 2018 hit, *Let You Love Me*, ----- Ora (4)
- 3 1966 Beatles hit (9,6)
- 4 Broadcaster and presenter of BBC1 arts series *Imagine* (4,6)
- 5 *Our Friends in the North* and *The Borgias* actor, Gina ----- (5)
- 8 Motoring series with Jeremy Clarkson, *The Grand* ----- (4)
- 10 Oscar-winning Sally Field drama from 1979, ----- *Rae* (5)
- 13 Hit released in 1971 by US singer Carole King, *It's Too* ----- (4)
- 14 ----- *Paranormal*, mockumentary comedy-horror series from New Zealand (10)
- 16 ----- Young, Canadian-born rock singer and songwriter (4)
- 18 Hogwarts headmaster, ----- Dumbledore (5)
- 20 *Future Nostalgia* second album from 2020 by singer Dua ----- (4)
- 22 Johnny Depp film from 1994, *What's* ----- *Gilbert Grape* (6)
- 23 ----- Ceesay, star of TV crime investigation drama *Wolfe* (5)
- 26 See picture clue: *Strictly Come Dancing* host, ----- Daly (4)

CROSSWORD SOLUTION
ANSWER: Gok Wan ACROSS: 1 Roger 6 Imran 7 Black 9 Angelo 11 Noel 12 Flower 15 Barney 17 Stella McCartney 19 Willow 21 Bubble 24 Wang 25 Priest 27 Honor 28 Texas 29 Sting
DOWN: 1 Relief 2 Rita 3 Paperback Writer 4 Alan Yentob 5 McKee 8 Tour 10 Norma 13 Late 14 Wellington 16 Neil 18 Albus 20 Lipa 22 Eating 23 Babou 26 Tess

Coming soon

**FIRST
LOOK**

The Stolen Girl

Jim Sturgess and Denise Gough star in a drama about a missing child

Fred and Elisa
face anguish

A mother faces turmoil when her daughter vanishes in Disney+'s thriller *The Stolen Girl*, airing later this year.

The five-part series, adapted from Alex Dahl's bestselling novel *Playdate*, sees Denise Gough as doting mum-of-two Elisa, whose nine-year-old daughter Lucia heads off on her first sleepover with her new friend Josie, who lives with mum Rebecca (Holliday Grainger) in a swanky home.

But when Elisa goes to collect Lucia

the next day, she is horrified to discover that Lucia, Josie and Rebecca are missing and the house was a holiday rental.

SUSPICIONS

A desperate Europe-wide search ensues, but Elisa and her husband Fred (Jim Sturgess) come under the spotlight of both the police and the media, as their seemingly idyllic family life falls apart and shocking secrets

emerge. Did Rebecca abduct Lucia for the child's own welfare?

The drama co-stars Ambika Mod, Bronagh Waugh and Michael Workley.

'It tells the story of fascinating, relatable and complex women in a situation that is any parent's worst nightmare,' says executive producer Nicola Shindler. 'Catherine Moulton has adapted Alex's bestselling thriller with a real dramatic sense of story that we hope will hook audiences in from the start.'

Selma
(Ambika Mod)

Holliday Grainger
as Rebecca

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WHAT'S NEXT FOR...

Dara Ó Briain

In Channel 5's two-part **Volcano with Dara Ó Briain**, the comedian will travel to Italy to examine the power, impact and danger of active volcanoes including Stromboli, Mount Etna and Vesuvius.



Bradley Walsh

The entertainer will host Sky History's **Bradley Walsh: Egypt's Cosmic Code**, in which he will investigate whether a supernatural ability lay behind the Ancient Egyptians' engineering prowess.



Martin Clunes

ITV1's three-part travelogue **Martin Clunes: Islands of the Atlantic** will follow the actor as he explores the ocean's diverse landmasses, from the tropical isles off the African coast to the glaciers of the Arctic.



Coming Back

The 19th series of C4 game show **Taskmaster** will see comics Fatiha El-Ghorri, Jason Mantzoukas, Mathew Baynton, Rosie Ramsey and Stevie Martin compete under the watchful eye of Greg Davies and 'Little' Alex Horne.



TV&Satellite week

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Next week On sale Tuesday 11 February



The White Lotus

In the return of Sky's Atlantic's star-studded drama, a bunch of travellers head to Thailand.



A Thousand Blows

Stephen Graham in Disney+'s period drama about illegal boxing in Victorian London.



Reacher

The third run of Prime Video's action saga sees Alan Ritchson's drifter try to save an informant.



Zero Day

In Netflix's thriller, Robert De Niro plays an ex-US President dealing with a cyberattack.

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